

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Room Key</u></p> <p>P-Pool AR-Aerobics Room T-Theater R-Reflections</p>	<p><u>Family Swim Time</u> (unless otherwise noted)</p> <p><u>Tuesday—Friday</u> 4:00 PM—5:00 PM</p>	<p>1</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>2</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>3</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>4</p> <p>10:00—10:45 Hydro Power (P)</p>
<p>6</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>11:00—11:30 Chair Class (T)</p>	<p>7</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>8</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>9</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>10</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>11</p> <p>10:00—10:45 Hydro Power (P)</p>
<p>13</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>11:00—11:30 Chair Class (T)</p>	<p>14</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>15</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>16</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>17</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>18</p> <p>10:00—10:45 Hydro Power (P)</p>
<p>20</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>11:00—11:30 Chair Class (T)</p>	<p>21</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>22</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>23</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>24</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>25</p> <p>10:00—10:45 Hydro Power (P)</p>
<p>27</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>11:00—11:30 Chair Class (T)</p>	<p>28</p> <p>10—10:30 Sit n' Fit (AR)</p> <p>11:00 Indoor Walking Group</p> <p>1:00—1:30 Strength & Balance (AR)</p> <p>2—2:45 Water Aerobics (P)</p>	<p>29</p> <p>9:30—10:00 Stability Ball (AR)</p> <p>10:00—10:30 Arthritis Aquatic (P)</p> <p>11—11:30 Chair Class (T)</p> <p>1:30—2:00 Bend, Balance, Breathe (R)</p>	<p>Remember to Log your Minutes for The 100-Day Wellness Challenge!!</p>		<p style="text-align: center;"><u>Ridge Club Hours</u> (unless otherwise noted)</p>
			<p><u>TechnoGym Equipment</u></p> <p>Monday 7:00 AM—5:00 PM</p> <p>Tuesday-Friday 7:00 AM—6:30 PM</p> <p>Saturday 7:00 AM—2:00 PM</p> <p>Sunday & Holidays Closed</p>		<p><u>Pool</u></p> <p>Monday 7:00 AM—4:45 PM</p> <p>Tuesday-Friday 7:00 AM—6:15 PM</p> <p>Saturday 7:00 AM—11:45 AM</p> <p>Sunday & Holidays Closed</p>

Ridge Club Class Descriptions

Level of Class H=High M=Medium L=Low

Stability Ball (Aerobics Room) (M)

Monday, Wednesday, & Friday: 9:30 —10:00 AM

This class will take the next step in helping to improve your balance, strength, flexibility, and cardiovascular system. The class will also use strengthening equipment such as dumbbells and therabands.

Sit n' Fit (IL) (Aerobics Room) (M)

Tuesday & Thursday: 10:00—10:30 AM

Start your day out right with this class that'll keep you moving. Class will focus on cardio endurance and strength training from a seated position.

Chair Class (AL) (Theatre) (L)

Monday, Wednesday, & Friday: 11:00—11:30 AM

This class is designed to keep your joints moving. Class will focus on flexibility, cardio endurance, and some light strength training—all from a seated position.

Indoor Walking Group (M)

Tuesday & Thursday: 11:00 AM

Whether you want to walk for pleasure or for fitness, this is the perfect group for you. Walking will be led by a trainer, who will add a little fun to the walk.

Water Aerobics (Pool) (H)

Tuesday & Thursday: 2:00—2:45 PM

This fast-paced class focuses on strength, flexibility, and cardiovascular conditioning set to music.

Bend, Balance, and Breathe (Reflections)

(L)

Wednesday & Friday: 1:30 —2:00 PM

Low impact class meant to work on joint movement, balance and stability, and relaxing breathing.

Strength & Balance (Aerobics Room) (H)

Tuesday & Thursday: 1:00—1:30 PM

Designed to increase strength and improve balance. This class will utilize dumbbells, balance devices, and mats.

Arthritis Aquatic Exercise Program (Pool) (L)

Wednesday & Friday: 10:00—10:30 AM

A great way to jump back into the aquatic scene! The class consists of strength, flexibility, and range of motion exercises.

Hydro Power (Pool) (H)

Saturday: 10:00—10:45 AM

Class designed to increase strength and cardiovascular endurance while in the water. Will utilize water equipment.

Family Swim (Pool)

Tuesday through Friday: 4:00—5:00 PM

For the safety of your family and friends an adult must be in the water while children are swimming. Participants of Family Swim are to be supervised by a Resident or Community Club member at all times. All participants need to respect the pool rules and other swimmers. **Please bring your own towels for this program.** Thank-you!

- Cost is \$2 per guest of members and free for residents.

Ridge Club Contact Information

The Ridge Club

X 4370

Nick Drey, Director of Wellness

X 4369

Michelle Howard, Wellness/Program Coordinator

X 4370

THE
RIDGE CLUB