

Ruth's Fitness Schedule

Monday	Wednesday	Friday
Land 8:15am - 8:45am "Walk With Me" Early Bird Walkers W/WO Weights	Land 8:45am-9:15am "Walk With Me" Early Bird Walkers W/WO Weights	Land 8:15am - 8:45am "Walk With Me" Early Bird Walkers W/WO Weights
Land 9:00am - 9:30am "Lets Move" Chair Exercise	Pool 9:30am - 10:00am Arthritis Exercise	Land 9:00am - 9:30am "Lets Move" Chair Exercise
Pool 9:45am - 10:15am Arthritis Exercise	Pool 10:00am - 10:45am Beachball Vollyball (Extra 15 Minutes On Own)	Pool 9:45am - 10:15am Arthritis Exercise
Pool (4) 10:15am - 10:25am 10 Minutes Alternating Weekly Weights, Balls, Bands		Pool 10:15am - 10:25am 10 Minutes Alternating Weekly Weights, Balls, Bands
Land 10:30am - 11:00am Gentle Chair Yoga	Land 11:05am - 11:25am Ball/Balance Exercise 20 Minutes	Land 10:30am - 11:00am Gentle Chair Yoga
Land 11:05am - 11:25am Weight/Balance Exercise 20 Minutes	Land 12:45pm - 1:15pm "Walk With Me" Afternoon Leasure Walk	Land 11:05am - 11:25am Resistance Bands Balance Exercise 20 Minutes
Land 12:45pm - 1:15pm "Walk With Me" Afternoon Leasure Walk		Land 12:45pm - 1:15pm "Walk With Me" Afternoon Leasure Walk

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