

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 am Open Gym Time	8:00-9:00 am Open Gym Time	8:00-9:00 am Open Gym Time	8:00-9:00 am Open Gym Time	8:00-9:00 am Open Gym Time	
9:15-9:45 am Wake Up Workout (Weights)	9:15-9:45 am Wake Up Workout (Balls and Resistance Bands)	9:15-9:45 am Wake Up Workout (Weights)	9:15-9:45 am Wake Up Workout (Balls and Resistance Bands)	9:15-9:45 am Wake Up Workout (Weights)	
10:00-10:30 am Men in Motion	10:00-10:30 am Stretching 101	10:00-10:30 am Men in Motion		10:00-10:30 am Men in Motion	
	10:00-10:45 am Aqua Motion		10:00-10:45 am Aqua Motion		
10:45-11:15 am Line Dancing		 <p><b>LINE DANCING</b> 10:45-11:15 am</p>	11:00-11:30 am Stretching 101	10:45-11:15 am Line Dancing	
11:30 am-12:00 pm Intro to the Homestead Hills Fitness Center (by appointment only)	1:00-1:30 pm Afternoon Workout in Player's Club		1:00-1:30 pm Afternoon Workout in Player's Club		
1:30 pm Private Aquatic Training (fee based)		11:30 am Personal Training (fee based)		1:30 pm Private Aquatic Training (fee based)	1:30-2:30 pm Water Aerobics with The Shepherd Center
3:30-4:30 pm Water Aerobics with The Shepherd Center		3:30-4:30 pm Water Aerobics with The Shepherd Center			

Black = Wellness Area  
 Green = Healthcare Neighborhood  
 Blue = Pool Area  
 Purple = Reflections at the Retreat

## JUNE SPECIAL EVENTS

Thursday, June 22nd at 10:15am  
ZUMBA at the Reflections Retreat

Thursday, June 22nd at 11:00am  
ZUMBA in the Player's Club



## Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am WAVES		9:00-10:00 am WAVES		9:00-10:00 am WAVES	
11:00-11:30 am Reflections Workout	11:00-11:30 am Reflections Stretch!	11:00-11:30 am Reflections Workout	11:00-11:30 am Reflections Stretch!	11:00-11:30 am Reflections Workout	
1:30-2:30 pm WAVES	1:30-2:00 pm Fundamental Fitness with Skilled Care	1:30-2:30 pm WAVES	1:30-2:00 pm Fundamental Fitness with Skilled Care	1:30-2:30 pm WAVES	
2:30-3:00 pm Sit to Be Fit	2:30-3:00 pm Sit to Be Fit	2:30-3:00 pm Sit to Be Fit	2:30-3:00 pm Sit to Be Fit	2:30-3:00 pm Sit to Be Fit	

HEALTHCARE ACTIVITY



Wednesday, June 21st at 1:30pm

Join us in the wellness center for cooking, learning, tasting, and FUN!

## CLASS DESCRIPTIONS

**Aqua Arthritis Relief:** This is a low impact water class designed to reduce pain and stiffness as well as improve joint flexibility. Class will involve exercises for both the upper and lower extremities and a cool down and stretch at the end.

**Aqua Motion:** This low-impact water fitness class emphasizes toning, stretching and cardiovascular conditioning. Suitable for every fitness level.

**Intro to the Homestead Hills Fitness Center:** Come learn about the equipment and how to use the Homestead Hills Fitness Center.

**Line Dancing:** Come join us as we learn some basic line dance steps and put them together to music. Everyone is welcome! No prior experience is needed! Meet at the Wellness Center.

**Men in Motion:** Let's go, men! Strength training can prevent muscle loss, build bone mass, and help burn calories so you maintain a healthy weight. Men only!

**Personal Training:** Contact the Wellness office to schedule. (Fee based.)

**Private Aquatic Training:** Contact the Wellness office to schedule. (Fee based.)

**Reflections Stretch:** A morning low impact stretch with our Healthcare residents. This class is seated and designed to help residents get their bodies up and moving for the day!

**Reflections Workout:** This class is designed around our Healthcare residents to strengthen the body for daily activities. Exercises are all seated, with the occasional standing activity such as Wii Bowling, Bean Bag Toss, Putt- Putt, etc. Exercises will encourage better breathing, correct posture, and stronger muscles. – a time to have fun while working on your fitness!

**Sit to Be Fit:** This class is designed to strengthen the body for daily activities. Exercises will encourage better breathing, correct posture and stronger muscles.

**Stretching 101:** An introduction to basic stretching, focusing on coordination to movement.

**Wake-Up Workout:** Get your day started off on the right foot! Come enjoy a class focusing on cardiovascular and strength movements.

**Water Aerobics with The Shepherd Center:** The Shepherd Center is a Senior Center providing enrichment pro-

grams for older adults. The Senior Center is certified as a Senior Center of Excellence through the North Carolina Division of Aging and Adult Services. They will be using our pool to provide a water aerobics class by a certified water aerobics instructor not only for their senior members but for the residents of Homestead Hills as well. Come try out a

new class with a different instructor and have the opportunity to meet new people!

**WAVES:** Our Award winning program that allows our healthcare residents to get in the pool with one-on-one support. The therapy pool is heated and offers relaxation while getting a great workout!

Schedule your appointment with the Wellness Team today for your Wellness Orientation!

### MEET THE WELLNESS TEAM

#### Emily Leftwich, Wellness Director



#### Emily is certified in:

Bachelors Degree Social Work  
Tai Chi for Arthritis  
Certified Dementia Practitioner  
American Heart Association Basic Life Support Certified

#### Meagan Isaacs, Wellness Associate



#### Meagan is certified in:

Bachelors of Science in Recreation and Parks Management with a concentration in Therapeutic Recreation  
Licensed Recreation Therapist by the state of North Carolina  
Certified Therapeutic Recreation Specialist through the National Council for Therapeutic Recreation  
American Heart Association Basic Life Support Certified



  
**HOMESTEAD  
HILLS**

**June 2017**  
**WELLNESS SCHEDULE**