

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)	9:30-10:30 am Water Aerobics with The Shepherd Center
10:00-10:30 am Men in Motion	10:00-11:30 am Foundations of Yoga with Patricia Savage	10:00-10:30 am Men in Motion	10:00-11:00 am Tai Chi with David Harold	10:00-10:30 am Men in Motion	
10:45-11:15 am Line Dancing	10:00-10:45 am Aqua Motion	10:45-11:15 am Line Dancing		10:45-11:15 am Line Dancing	
			11:00-11:45 am Aqua Motion		
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	<b>NEW CLASS!</b> 1:15-1:45 pm Beginners Line Dancing	1:00-1:30 pm Afternoon Workout in Player's Club	<b>NEW CLASS!</b> 1:15-1:45 pm Beginners Line Dancing	
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**

## WHAT'S NEW?

### Beginners Line Dancing!

Wednesday and Fridays from 1:15-1:45

Love to line dance? Don't know how to line dance? Want to learn? This new class is perfect for you.

We will be learning the current dances in the Line Dancing class held on Mondays, Wednesdays, and Fridays in hopes to eventually combine both classes as a whole.

No previous experience is required, all are welcome to come and join.

We will be learning the basic steps to different country songs. If you have any questions please let the wellness team know.

Wednesday and Fridays from 1:15-1:45.

### Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	
1:30-2:00 pm Stretch and Move with Skilled Care	1:30-2:00 pm Fundamental Fitness with Skilled Care	1:30-2:00 pm Stretch and Move with Skilled Care	1:30-2:00 pm Fundamental Fitness with Skilled Care	1:30-2:00 pm Stretch and Move with Skilled Care	
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	



**ZUMBA**

**Zumba with Traci**

March 16 at 2pm  
in the Players Club

## CLASS DESCRIPTIONS

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

**Foundations of Yoga with Patricia Savage:** Patricia Savage teaches Lyengar style yoga-calming the mind, relaxing the body through deep breathing exercises, proper body alignment for good posture, strengthening/toning for flexibility and balance. You can learn patience, be consistent and experience the Yoga practice. Prayama exercises can calm your mind and rid your body of tension and stress. Yoga will give you more energy, sharpen your mind, and create a healthier and happier way of being.

**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!

**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.

**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 programs 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!

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

## MEET THE WELLNESS TEAM



**Meagan Isaacs,**  
*Wellness Director*

### 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



**Traci McPartland,**  
*Wellness Associate*

### Traci is certified in:

Certified Personal Trainer through the American Aerobic Association International & International Sports Medicine Association

Certified Zumba Instructor

CPR certified



  
**HOMESTEAD  
HILLS**

**March 2018**  
**WELLNESS SCHEDULE**