


Vitality Wellness and Exercise

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)</p>	<p>2 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P)</p> 	<p>3 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)</p>
<p>4 11:00 Ai Chi (P)</p>	<p>5 9:00 Hiker's Club (VC) NO COMMUNITY ROOM EXERCISES CLASSES 11:00 Ai Chi (P) 5:00PM Water Fitness (P) Acupuncture Available (VC)</p>	<p>6 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)</p>	<p>7 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance_(CR) 11:00 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 2:00 Knitting (AS)</p>	<p>8 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)</p>	<p>9 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P)</p>	<p>10 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)</p>
<p>11 11:00 Ai Chi (P)</p>	<p>12 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle 11:00 Ai Chi (P) Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)</p>	<p>13 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)</p>	<p>14 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance_(CR) 11:00 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 2:00 Knitting (AS)</p>	<p>15 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)</p>	<p>16 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P)</p>	<p>17 10:00 CWV Chair Dance (CR) No Painting Class 11:00A.M. GIRL SCOUT COOKIE SALE (VSG)</p>
<p>18 11:00 Ai Chi (P)</p>	<p>19 9:00 Hiker's Club (VC) 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle 11:00 Ai Chi (P) Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)</p>	<p>20 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)</p>	<p>21 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance_(CR) 11:00 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 2:00 Knitting (AS)</p>	<p>22 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)</p>	<p>23 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball</p>	<p>24 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)</p>
<p>25 11:00 Ai Chi (P)</p>	<p>26 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle 11:00 Ai Chi (P) Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available</p>	<p>27 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)</p>	<p>28 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance_(CR) 11:00 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 2:00 Knitting (AS)</p>			

Heart Health and Class Alert

Recent studies have found that interval training (alternating between high-and moderate-intensity bursts of activity) can double and possibly even triple the heart-protecting benefits you'd get from moderate cardio sessions. Try Cardio Training class Mondays and Wednesdays in the Community Room. To start 2018 off with a healthy heart.

Class Schedule Key

BR	Board Room
CR	Community Room
VC	Vitality Center
AS	Art Studio
P	Pool
RA.F	Royal Anne Fireplace
HC	Health Center
RA.P	Royal Anne Patio

Health Services

Call and schedule your appointment for
 Metta Massage—503-318-3612
 Adventist Foot Care—503-251-6303
 Able Hearing—503-239-8918
 On-Site Oral Health Care—503-902-5333
 Eileen Durham- Acupuncturist — 360-608-4242

Questions about Wellness Classes & Services

Please call the Vitality Desk

503-546-7924

Hours of Operation

Monday - Friday
7am - 7pm

Saturday - Sunday
10am - 3:30pm