




























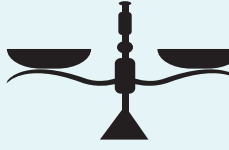






**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

<b>8:00-8:45am</b> Water Walking 	<b>8:00-8:45am</b> Aqua Balance and Strength 	<b>8:00-8:30am</b> Aqua Cardio Blast 	<b>8:00-8:45am</b> Aqua Balance and Strength 	<b>8:00-8:45am</b> Aqua Motion 	
<b>9:15-9:45am</b> Core Zone 	<b>9:15-10:00am</b> Balance 2 	<b>9:30-10:00am</b> Core Zone 	<b>9:15-10:00am</b> Balance 2 		<b>9:00-9:45am</b> Balance 2 
<b>10:00-10:30am</b> Sit & Strong 	<b>10:30-11:00am</b> Beginners Line Dancing 	<b>10:00-10:45am</b> Stand and Strong 		<b>10:00-10:30am</b> Sit & Strong 	<b>10:00-11:30am</b> Ping Pong Club Practice 
	<b>10:15-11:00am</b> WAVES 		<b>10:15-11:00am</b> WAVES 	<b>10:30-11:00am</b> Beginners Line Dancing (Or Specialty Class Scheduled with Notification) 	
<b>11:15am-12:00pm</b> Balance 1 	<b>11:15-11:45am</b> Tai Chi for Arthritis & Fall Prevention 	<b>11:15am-12:00pm</b> Balance 1 	<b>11:15-11:45am</b> Tai Chi for Arthritis & Fall Prevention 	<b>11:15am-12:00pm</b> Balance 1 	
	<b>1:30-3:30pm</b> Ping Pong Practice 		<b>1:30-3:00pm</b> Ping Pong Club Practice 		
			<b>3:00-3:45pm</b> Brain Builders 		

**Black = Wellness Center**  
**Green = Healthcare Neighborhood**  
**Blue = Water Based Class**

**CLASS ICONS KEY**

	
<b>Flexibility Based</b>	<b>Chair Based/ Low Intensity</b>
	
<b>Low-Intensity Pool</b>	<b>Balance-Based</b>
	
<b>Moderate-to High-Intensity</b>	<b>High-Intensity Pool</b>
	
<b>Yoga/ Pilates</b>	<b>Strength-Based</b>

## CLASS DESCRIPTIONS

### **Aqua Balance and Strength:**

An aqua class designed to gently increase your balance, flexibility and strength.

**Aqua Cardio Blast:** Add a blast of cardio to your pool workout using music to shred calories fast in this 30 minute class.

**Aqua Motion:** Cardio, strength, range of motion, balance and core work. Excellent overall workout for the warm water enthusiast.

**Balance I:** Enhance your Balance and strength through an invigorating combination of strength and exercises designed to increase you balance.

**Beginners Line Dancing:** Join the fun! Learn basic steps to popular line dances while improving your memory & having fun with your neighbors!

**Brain Builders:** A class designed to expand your mind, whether it is trivia or learning the game of cribbage, this class will be different and mind expanding every time!

**Ping Pong Club:** Want to show off your talent or just learn a new sport. The Ping Pong

Club will show you how. Have fun meeting new people and learning the techniques of ping pong.

**Sit and Strong:** A beginner class for those that want to learn how to use weights & build strength. This class is done using light weights & body bars.

**Stand and Strong:** A new class for the member who is ready to stand and be strong! Come join Natalie and work on your strength using body bars and weights to build muscle and endurance.

**Tai Chi for Arthritis and Fall Prevention:** Tai Chi for Arthritis & Fall Prevention incorporates exercises that improve muscular strength, flexibility, & fitness, focusing on weight transference, which improves balance & prevents falls. It can be practiced sitting or standing.

**WAVES:** Award-winning aquatics program designed to soothe anxiety, improve appetite and strengthen bonds between members and caregivers.

## JUNE IS NATIONAL SAFETY MONTH

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Marsh's Edge is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- Slips, trips, and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, contact the Wellness Center (912) 291-2039.



The Marsh's Edge Wellness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life®!

## JUNE 2018

## WELLNESS SCHEDULE

**Call the Wellness Department at  
(912) 291-2039 with any questions.**

*Spa & Salon*

Call your concierge to find out about this month's specials and make an appointment!

  
**MARSH'S EDGE**  
ON ST. SIMONS ISLAND