
















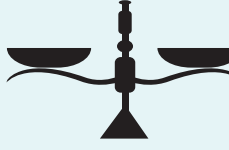






MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

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

CLASS ICONS KEY

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

CLASS DESCRIPTIONS

Aqua Balance and Strength:

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

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 your balance.

Body Shop: A standing cardio based workout full of music and fun.

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.

Stress Less: A program designed to assist members in deep breathing, stretching and other light exercises to decrease stress.

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.

FALL PREVENTION

Falls are a common health problem among older adults. While most falls don't result in serious injury, they can affect a person's self-confidence and can lead to future falls. The good news is that there are ways to prevent falls.

What can cause a fall?

Falls don't "just happen". People don't fall just because they get older. People fall for many reasons and usually there is more than one risk factor involved in a fall.

What are the risk factors for falls?

A risk factor is something that increases your chance of falling. As the number of risk factors rises, so does the likelihood of falling. Often falls are linked to your physical condition or medical problems. Falls can also be caused by safety hazards in your home. By reducing your risk factors you can decrease your chance of falling.

Here are some risk factors for falling:

- Muscle weakness, especially in your legs, is one of the most important risk factors
- Blood pressure that drops too much when you stand up can cause dizziness. This can increase your chance of falling. This condition -called postural hypotension - might result from a drop in blood volume, dehydration, or certain medications.

What can you do to avoid falls?

Many falls can be prevented. By making some changes, you can lower your chance of falling. Here are some things that you can do.

- Become more physically active. Exercise is one of the best ways to lower your chance of falling.
- Meet with your health care provider. It is important to meet with your health care provider before becoming more physically active. You can share your goal of reducing your chances for falling and ask for suggestions about the best activities for you.

Sources: *National Institutes of Health (NIH)*

If you are interested in attending a Fall Prevention class (C.L.I.M.B.) that can help you learn more about exercises to improve your strength and balance and reduce your risk of falls please contact the Wellness Department.



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®!

APRIL 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