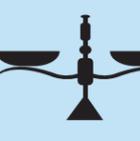


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-8:45am Aqua Cardio and Toning 	8:15-8:45am Aqua Cardio and Toning 	8:00-8:30am Aqua Cardio Blast 	8:15-8:45am Aqua Cardio and Toning 	8:15-8:45am Aqua Cardio and Toning 	
9:15-9:45am Core Zone 	9:15-10:00am Balance & Strength 	9:15-9:45am Core Zone 	9:15-10:00am Balance & Strength 	9:15-9:45am Core Zone 	9:00-9:45am Balance & Strength 
	9:45-10:30am Aqua Cardio and Toning 		9:45-10:30am Aqua Cardio and Toning 		
10:00-10:30am Sit & Strong 	10:15-10:45am Interval Chair Training 	10:00-10:45am Stand and Strong 	10:00-10:30am Sit & Strong 	10:15-10:45am Dance Cardio 	10:00-11:30am Ping Pong Club Practice 
11:00-11:45am Dance Cardio Barre 	10:30-11:00am WAVES 	11:00-11:45am Dance Cardio 	10:30-11:00am WAVES 	11:00-11:45am Barre Strength & Balance 	
	11:15-11:45am Tai Chi for Arthritis & Fall Prevention 		11:15-11:45am Tai Chi for Arthritis & Fall Prevention 		
1:30-1:30pm Renewed Strength 	1:30-3:30pm Ping Pong Practice 	1:00-1:30pm Renewed Strength 	1:30-3:00pm Ping Pong Club Practice 	1:00-1:30pm Renewed Strength 	
	2:15pm Beach Walk (sign up at desk) 	1:30-2:00pm Gentle Stretch, Breathe & Relax 	3:00-3:45pm Brain Builders 		

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

### CLASS ICONS KEY

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

Join us! We welcome all newcomers to the classes so don't be shy. The more, the merrier!

Contact Julie directly with any questions or concerns you have about the classes. If you'd like a one on one experience, we also offer private training in the pool or on land.

Whatever your Wellness goals are, we want to help you reach them!

**WELLNESS OFFICE:** (912)291-2039

**EMAIL:** [Jwaldo@marshs-edge.com](mailto:Jwaldo@marshs-edge.com)

## CLASS DESCRIPTIONS

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

**Balance & Strength:** Improve your balance while strengthening various muscles groups and improving flexibility with a variety of exercises in a fun environment!

**Barre Strength & Balance:** Get fit & toned with this challenging, all standing workout meant to tone & strengthen your stabilizer muscles. Using the ballet barre & small isolating movements, you will strengthen your core & discover muscles you never knew you had! A low impact class but high intensity.

**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!

**Beach Walk:** Join us on the bus to ride to the beach for approximately a one hour stroll along the shoreline. You can sit if you choose as we bring chairs or walk at your own pace for some fresh salt air. Sign up at the front desk.

**Cardio Dance:** Break a sweat while having fun & burning calories dancing to songs modern & old!

**Dance Cardio Barre:** This class combines the fun of dancing to get your cardio workout with easy dance steps & then take it to the Ballet barre to gain strength & balance. The class ends with seated stretches & relaxation techniques for total body workout.

**Gentle Stretch, Breathe, & Relax:** Gain flexibility with gentle stretching, improve lung function with deep breathing exercises and

ease your mind with relaxing exercises to ease tension and stress.

**Interval Chair Training:** A great class designed to work on strength and stamina. Seated exercises will be combined with Cardio work. This class is perfect for those that are ready to take Wellness to a new level.

**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.

**Renewed Strength:** A focus group program that uses a series exercises utilizing weights to regain & increase strength specifically in the arms, legs and glutes.

**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.

## NATIONAL WEAR RED DAY!<sup>®</sup> FRIDAY, FEBRUARY 1, 2019

Join the American Heart Association's Go Red For Women<sup>®</sup> movement to help raise awareness and save more lives.

You can:

- wear red on February 1st;
- encourage others to get involved.

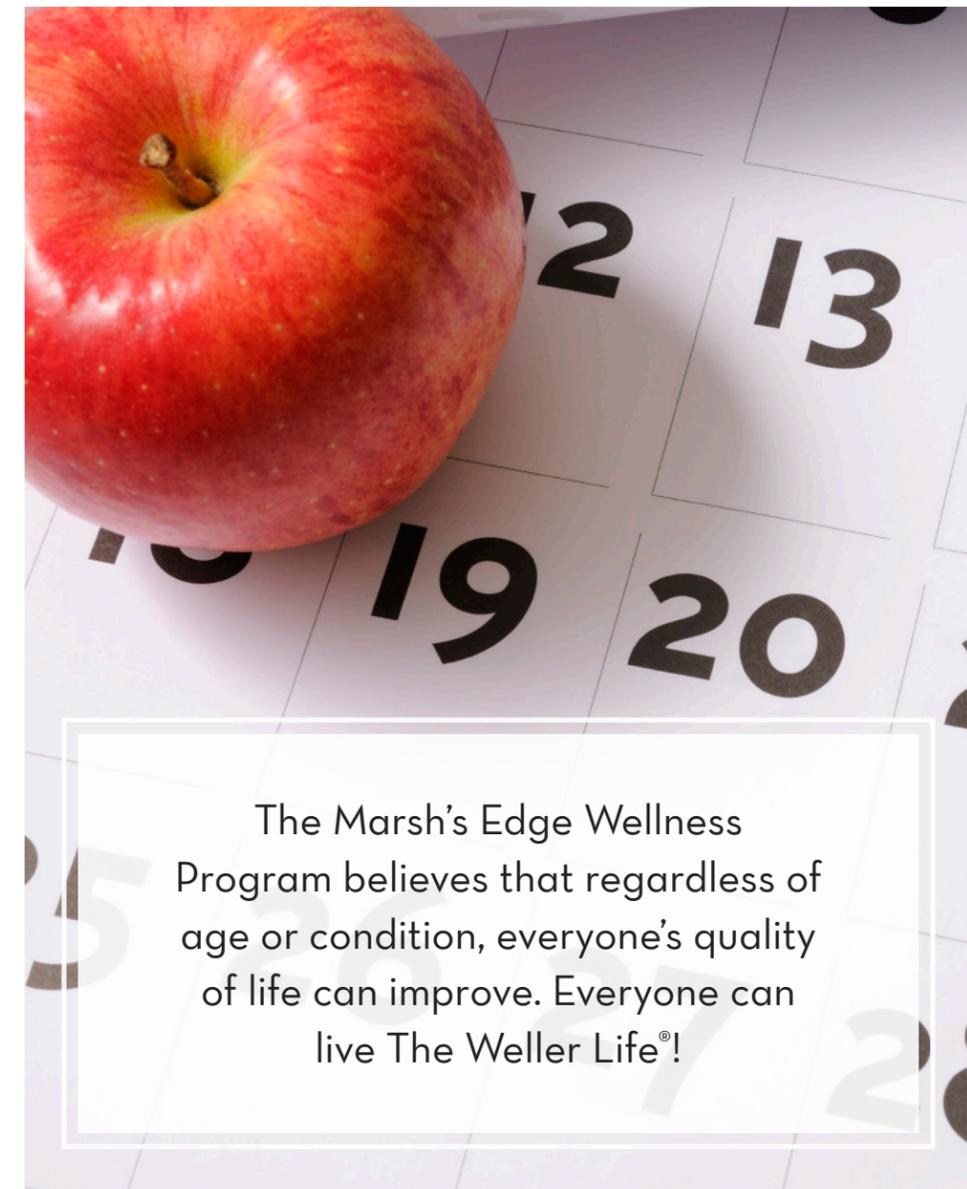
Let's unite to prevent heart disease and stroke. Wear red to raise awareness and help save women's lives.

[www.GoRedForWomen.org/WearRedDay](http://www.GoRedForWomen.org/WearRedDay)



*Spa & Salon*

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



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<sup>®</sup>!

## FEBRUARY 2019 WELLNESS SCHEDULE

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