






























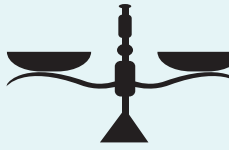






MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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

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

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

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

Barre: 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.

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!

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

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.

Keeping Your Memory Sharp

Led by the International Council on Active Aging® (ICAA), Active Aging Week is an annual health promotion event held each year during the last week of October. The weeklong observance celebrates adults ages 50 and older as fully participating members of society and promotes the benefits of leading an active, healthier lifestyle. It also highlights the ability of older adults to live well, regardless of age or health conditions.



Local host organizations throughout North America offer activities and events that are free to low cost, educational, and presented in a safe, fun and friendly atmosphere. Events are held in parks, malls, YMCAs and JCCs, health clubs, senior centers, apartments, senior living communities, and various other sites. Some mainstay activities include group walks, health fairs, dances, fitness classes, concerts and field trips, with myriad variations and fresh programming options added each year. Veteran hosts challenge themselves to attract first-time participants and inspire returning ones with their offerings.

Flexibility makes the annual observance unique. Active Aging Week hosts decide how they will participate by choosing how many events to offer and what type of activities to provide, from a single group walk, to a multifaceted schedule each day.

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®!

OCTOBER 2018

WELLNESS SCHEDULE


MARSH'S EDGE
ON ST. SIMONS ISLAND