


























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-8:45am Water Walking 	8:15-8:45am Aqua Balance and Strength 		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 
10:00-10:30am Sit & Strong 	10:15-11:00am Beginner's Line Dancing 	10:00-10:45am Stand and Strong 	9:45-10:15am Aqua Aerobics 	10:00-10:30am Sit & Strong 	10:00-11:30am Ping Pong Club Practice 
	10:15-10:45am WAVES 		10:15-10:45am WAVES 	10:15-11:00am 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 Balance 1 	11:15-11:45am Tai Chi for Arthritis & Fall Prevention 	11:15am-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



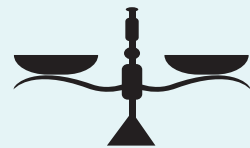
Flexibility Based



Chair Based/
Low Intensity



Low-Intensity Pool



Balance-Based



Moderate-to High-Intensity



High-Intensity Pool



Yoga/
Pilates



Strength-Based

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.

Keeping Your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills.

Here are some tips:

- Plan tasks, make “to do” lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer’s.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.

Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

Health and wellness information for older adults from the National Institutes of Health.



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®!

AUGUST 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