

# Class Descriptions

**Trail Walkers Club-** -Get outside for an aerobic workout while we walk the trail at a steady pace. Come join us and get moving!

**Group Fit Plus**—Small groups interested in a more intense and concentrated workout.

**Chair Flow Yoga-** Come join us with relaxing music and flowing movements. Learn to breath right, relax your mind, and loosen up the tension in the body.

**Mindful Floor Yoga-** This class is designed to cultivate focus, stamina, strength, and flexibility.

**Balance and Coordination/Posture-** This class will keep your body and mind prepared for the unexpected so that your reaction time and balance /posture are at their sharpest! Make sure you're ready for what life throws your way. Please sign up for a Balance class with Su.

**Must sign up for Balance.**

**Strength & Stretch-** Strengthen, stretch, and tone all the important muscles keeping your body strong so you are able to do everyday tasks easier and with less discomfort.

**Easy Does It -** This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights and tension bands.

**Easy Does It 2 -** This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class uses body weight with precision exercises to target major muscle groups needed to for every day tasks.

## Kiss My Bath

Pain Relieving

### Magnesium Infused Products

Magnesium deficiency can be the culprit in many body conditions. Taking this crucial element right to the source can help to relieve:

- \*Chronic Back Pain
- \*Headaches
- \*Insomnia
- \*Fatigue
- \*Constant Brain Fog
- And many more

**Sold in the Wellness office.**



## Massage Therapy

Enjoy a massage created especially for you. Whether you are seeking relaxation, improved circulation, or pain relief, massage is a perfect way to improve your overall health. Our massage therapist will design a massage to meet your individual needs.

Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. See Dessary to schedule your personalized session, 24 hour notice when scheduling appointments and 12 hour notice when canceling.

Hours: Wednesday 9:00AM—2:00PM  
Pricing: 30 Minute Massage \$30



## Personal Training Sessions

**Schedule a one-on-one personal training session designed especially for you and your specific needs. Price of session is \$30 for 30 minutes. Schedule an appointment with Dessary.**



### Joint ProMotion™

Supplement for General Joint Health  
Joint ProMotion is a powerfully unique product that helps lubricate and protect the joints. Glucosamine, an amino sugar, plays a vital role in the formation and support of healthy cartilage. The presence of glucosamine supports the cells

that produce proteoglycans, which in turn helps support cartilage. The amount and quality of glucosamine found in Joint ProMotion make it a very beneficial product for men and women of all ages.

Key Benefits:

- Helps lubricate and protect joints\*
- Supports joint health\*
- Contributes to mobility and flexibility\*

# OAKMONTE WELLNESS PROGRAM

## December 2018



Winter Park Meditation & Mindfulness  
"Restoring Focus & Balance"

**Presented by Tracy Wosaba**  
**Tuesday, December 11th at 11:00 am**  
**in the Performing Arts Room**

Tracy Wosaba founded Winter Park Meditation & Mindfulness in an effort to share the empowering art and science of meditation and mindfulness with anyone who is dedicated to reducing stress and living a happier, healthier, more focused and balanced life.

Tracy will discuss mindful meditation and its benefits in a PowerPoint presentation and will demonstrate a seated guided meditation.

This event is open to ALL residents, employees, and care givers.

## Mark Your Calendars

Tai Chi will be on break for the remainder of the year. Liz will resume teaching tai chi on Tuesday, January 8th, 2019.



**PEACH VALLEY**  
C · A · F · É  
BREAKFAST · LUNCH

### Trail Walk to Peach Valley

Join the Trail Walkers on a walk to Peach Valley Café for lunch  
Wednesday, December 12th at 11:15 am  
Meet in the Plaza at 11am

**\*sign up at the front desk\***



# DECEMBER 2018 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2 First Day of Hanukkah</b> 	<b>3</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	<b>4</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Chair Aerobics</b> <b>1:00 Beginner Balance</b> <b>1:30 Easy Does It 2</b>	<b>5</b> <b>9:00-2:00 Massage</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	<b>6</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Chair Aerobics</b> <b>1:00 Beginner Balance</b> <b>1:30 Easy Does It 2</b>	<b>7</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	<b>8</b> 
<b>9</b> 	<b>10 Last Day of Hanukkah</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:00 Easy Does It</b>	<b>11</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Intro to Mindful Meditation</b> <b>11:30 Chair Aerobics</b> <b>1:30 Easy Does It 2</b>	<b>12</b> <b>9:00-2:00 Massage</b> <b>9:15 Strength and Stretch</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Trail Walk to Peach Valley</b>	<b>13</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Chair Aerobics</b> <b>1:00 Beginner Balance</b> <b>1:30 Easy Does It 2</b>	<b>14</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	
	<b>17</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	<b>18</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Chair Aerobics</b> <b>1:00 Easy Does It 2</b>	<b>19</b> <b>9:00-2:00 Massage</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:00 Easy Does It</b>	<b>20</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b> <b>11:00 Chair Aerobics</b> <b>1:00 Beginner Balance</b> <b>1:30 Easy Does It 2</b>	<b>21</b> <b>9:15 Trail Walkers</b> <b>10:15 Group Fit Plus</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b> <b>1:30 Easy Does It</b>	
	<b>24 Christmas Eve</b>	<b>25 Christmas</b>	<b>26 Dessary Off</b> <b>9:00-2:00 Massage</b> <b>9:15 Trail Walkers</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b>	<b>27 Dessary Off</b> <b>9:30 Chair Flow Yoga</b> <b>10:15 Balance and Posture</b>	<b>28 Dessary Off</b> <b>9:15 Trail Walkers</b> <b>10:45 Party Exercise</b> <b>11:15 Strength and Stretch</b>	<b>29 DESSARY MOD</b>
<b>30 DESSARY MOD</b>	<b>31 New Year's Eve</b> 	<b>Fitness Center</b> <b>Performing Arts Center</b> <b>Massage Therapy Room</b> <b>Walking Trail</b>	<b>Call Dessary</b> <b>At 407-732-5812</b> <b>To Schedule your Fitness Assessment!</b>	<b>Massage Therapy</b> <b>Is Available every Wednesday</b> <b>from 9:00am until 2:00pm</b> <b>Contact Dessary to Schedule</b>		