

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

January 2019

Happy New Year

Seven Attainable New Year's Resolutions

- 1) **Break a Sweat:** Schedule a fitness assessment, walk 15-30 mins per a day, and join a fitness class.
- 2) **Break a Mental Sweat:** Practice brain-training exercises daily, have discussions, and read.
- 3) **Stay Hydrated:** Commit to drinking more water daily.
- 4) **Balance Your Diet:** Incorporate more fruits and vegetables and cut back on desserts.
- 5) **Make a Doctor Appointment:** Schedule an annual wellness visit with your primary care physician
- 6) **Stay In Touch:** Call your loved ones and friends daily or weekly.
- 7) **Get Adequate Sleep:** Avoid afternoon naps to help you get a full night of rest.

Liz will resume teaching Tai Chi on

Tuesday, January 8th at 11:30 AM

JANUARY 2019 WELLNESS CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 NEW YEARS DAY

2
 9:00-2:00 **Massage**
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

3
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 1:30 **Easy Does It 2**

4
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**



HAPPY NEW YEAR



7
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

8
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 11:30 **Tai Chi w/ Liz**
 1:30 **Easy Does It 2**

9
 9:00-2:00 **Massage**
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

10
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 1:30 **Easy Does It 2**

11
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**



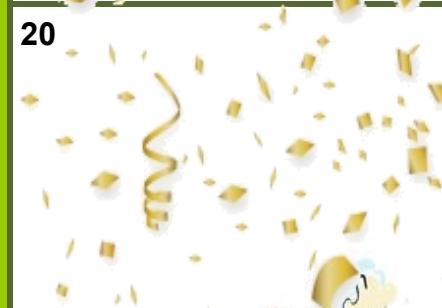
14
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

15
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 11:30 **Tai Chi w/ Liz**
 1:00 **Easy Does It 2**

16
 9:00-2:00 **Massage**
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

17
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 1:00 **Easy Does It 2**

18
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**



21
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

22
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 11:30 **Tai Chi w/ Liz**
 1:30 **Easy Does It 2**

23
 9:00-2:00 **Massage**
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:00 **Easy Does It**

24
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 1:30 **Easy Does It 2**

25
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**



28
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

29
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 11:30 **Tai Chi w/ Liz**
 1:30 **Easy Does It 2**

30
 9:00-2:00 **Massage**
 9:15 **Trail Walkers**
 10:15 **Group Fit Plus**
 10:45 **Party Exercise**
 11:15 **Strength and Stretch**
 1:30 **Easy Does It**

31
 9:30 **Chair Flow Yoga**
 10:15 **Balance and Posture**
 11:00 **Chair Aerobics**
 1:30 **Easy Does It 2**



Fitness Center
Performing Arts Center
Massage Therapy
Room
Walking Trail

Call Dessary
At 407-732-5812
To Schedule your
Fitness Assessment!

Massage Therapy
Is Available every
Wednesday
from 9:00am until 2:00pm
Contact Dessary to Schedule