

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.

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!

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.

Party Exercise— Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.

Water Aerobics— Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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



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

50 Minute Massage \$50



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

May 2019

Let's Talk About Water

You've heard it many times before that we are made up of mostly water. In fact, According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%. It is essential to drink water to keep us hydrated and keep our bodies functioning normally. Apart from water's internal benefits, did you know water is also great to exercise in?

There are many healthy benefits from participating in water based activities, such as:

1. Increase in overall strength

Water provides natural resistance which is beneficial to strength building. Swimming works many muscles at once, therefore it prevents muscle loss that occurs as we age.

2. Improves heart health

Water exercises decrease risk of heart and lung cancer, improve circulation which can lower blood pressure, and improve cardiovascular endurance

3. Reduces risk of osteoporosis

Water exercises can enhance bone marrow density and this can help guard against osteoporosis

4. Improves flexibility

Swimming is excellent for stretching since each stroke requires a significant amount of reaching, helps with posture, and can also cure back pain

5. Improves mental well-being

Water exercises can decrease stress levels as well as increase the production of endorphins, therefore increasing happiness

6. Help reduce the risk of falling

Water exercises assist in balance and coordination which are essential to avoid falling

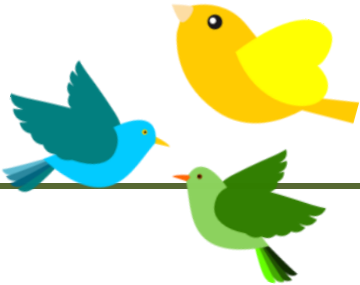
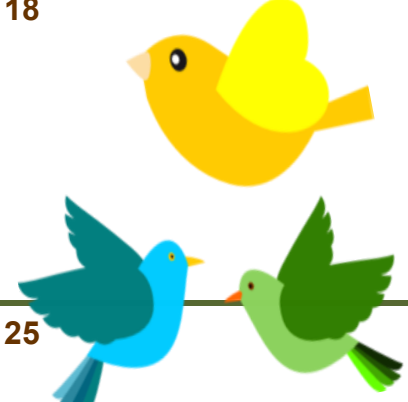

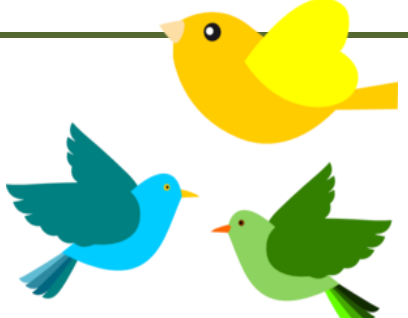



"If you want to add years to your life and life to your years, it's time to take the plunge."

Get your swimsuits ready, Water Aerobics is BACK!

Classes will be held at the pool Tuesday's and Thursday's at 11 am



MAY 2019 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Start where you are. Use what you have. Do what you can.</i></p>			<p>1 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</p>	<p>2 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:15 Chair Aerobics 1:30 Easy Does It 2</p>	<p>3 Dessary OFF 10:15 Group Fit Plus w/ Marissa 10:45 Party Exercise 11:15 Strength and Stretch w/ Marissa</p>	<p>4 Dessary MOD</p> 
<p>5 Dessary MOD</p>	<p>6 Dessary OFF 10:15 Group Fit Plus w/ Marissa 10:45 Party Exercise 11:15 Strength and Stretch w/ Marissa</p>	<p>7 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>8 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</p>	<p>9 9:30 Chair Flow Yoga 10:15 Balance and Posture</p>	<p>10 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>11</p> 
<p>12 Mother's Day</p> 	<p>13 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>14 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>15 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</p>	<p>16 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>17 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>18</p> 
<p>19</p> 	<p>20 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>21 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>22 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</p>	<p>23 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics</p>	<p>24 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	<p>25</p> 
<p>26</p> 	<p>27 Memorial Day</p> 	<p>28 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>29 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</p>	<p>30 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2</p>	<p>31 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It</p>	
		<p>Fitness Center Performing Arts Center Massage Therapy Room Walking Trail Pool</p>	<p>Call Dessary At 407-732-5812 To Schedule your Fitness Assessment!</p>	<p>Massage Therapy Is Available every Wednesday from 9:00am until 2:00pm Contact Dessary to Schedule</p>	