

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 breathe 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.

Mindful Meditation-- This is a slow paced class focused on resting the mind, body, and spirit. Learn various meditative techniques that can be applied in everyday life.

Creative Wellness-- Awaken your creative mind. This is an educational creative class focusing on various motor skills and brain functions while creating thoughtful pieces of artwork.

Oakmonte Village Water Bottle

Stay hydrated in style!



Plastic Water Bottles - 20 oz
Frosted White with Black Lid
\$10 each

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
50 Minute Massage \$50



OAKMONTE WELLNESS PROGRAM

June 2019



Why is drinking water important?

- *regulates body temperature
- * metabolic processes
- *lubrication of joints
- * digestion
- * respiration
- *nutrient distribution

What is dehydration?

Dehydration is when the body has less water than it needs to function optimally. It occurs when the body's output of water is greater than its intake.

Signs of Dehydration

Mild

- Dry, sticky mouth/tongue
- Lightheaded or dizzy
- Weakness and headache
 - Lethargy

Moderate

- Confused or irritable
 - Stop sweating
 - Dark yellow urine
- Decreased urine output
- Blood pressure lower than usual
 - Increased heart rate

Severe

- Fainting or unconsciousness
 - Disoriented
 - Onset of fever

Easy Ways to Drink More Water





- Carry a water bottle with you
- Add lemon, lime, orange, or your favorite fruit
- In winter, drink hot water with mint leaves or lemon and honey
- Set an alarm to remind you when to drink more fluids
- Have a glass of water before and after each meal

**KEEP COOL with
Towers Home Health
this summer!**

Tips on Staying Hydrated!

Thursday, June 20th at 1:00PM
Performing Arts Center

JUNE 2019 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							1 
2 	3 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	4 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:00 Mindful Meditation	5 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	6 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2	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 	10 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:00 Strength and Stretch 11:30 Water Aerobics 1:30 Easy Does It	11 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:00 Mindful Meditation	12 Dessary Off 9:00-2:00 Massage 10:15 Group Fit Plus w/ Marissa 10:45 Party Exercise 11:15 Strength and Stretch w/ Marissa	13 Dessary Off 9:30 Chair Flow Yoga w/ Su 10:15 Balance and Posture w/ Su	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 	
16 Father's Day 	17 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	18 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:00 Mindful Meditation	19 9:00-2:00 Massage 9:15 Group Fit Plus 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Peach Valley Walk	20 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:00 Keep Cool w/ Towers: Tips on Staying Hydrated	21 Dessary Off 10:15 Group Fit Plus w/ Marissa 10:45 Party Exercise 11:15 Strength and Stretch w/ Marissa Summer Begins	22 	
	24 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It 2:30 Creative Wellness	25 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2 2:00 Mindful Meditation	26 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	27 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:00 Water Aerobics 1:30 Easy Does It 2	28 9:15 Trail Walkers 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It		
		Fitness Center Performing Arts Center Massage Therapy Room Walking Trail Pool	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			