

Class Descriptions

Functional Fitness: Join us for an upbeat cardio based strength class targeting all your major muscle groups using light weights. Great for all levels of abilities.

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 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.

Sit and Be Fit: 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 : This is a slow paced class that 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.

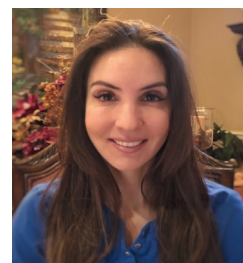
Water Aerobics: Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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 a creative class focusing on various motor skills and brain functions while creating thoughtful pieces of artwork.

Chair Aerobics: Fast paced cardio workout class that will get your heart rate going and the calories burning!

Trail Walkers: Join us on a scenic walk on the Wekiva Trail. This is slow/medium paced walk spanning about a mile.



Dr. Clara Roman is board certified in Family Medicine and Geriatric Medicine. She graduated from St. Matthews Medical School and then started her residency with Advent Health in Family

Medicine. She started her private practice 10 years ago focusing on Geriatric Care. Her area of practice includes patient care for those individuals in the long-term care setting, i.e. nursing homes, assisted living communities and independent living communities. Her passion is to provide excellent medical care in the comfort of the patient's own home.

Dr. Roman is available every Thursday by appointment only. Contact Su Prasad in Resident Services to become a patient or schedule an appointment.

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. To schedule your personalized session, please contact the wellness department.

Hours: Wednesday 9:00AM—2:00PM
Pricing: 30 Minute Massage \$30
50 Minute Massage \$50

OAKMONTE WELLNESS PROGRAM

May 2022

We are pleased to announce that our new Director of Wellness Kristen Morse will begin on May 9th!

We are very excited to have her here at Oakmonte! Below is a short biography about Kristen and her qualifications.



Hello everyone, my name is Kristen Morse, and I am your new Fitness and Wellness Director. I am a Certified Group Fitness instructor through LesMills with a Bachelors Degree in Health Coaching. I am passionate about fitness and wellness and enjoy working with people to help them reach their health goals. I have over 6 years of experience, creating and implementing group fitness classes for all age groups. When I'm not in the gym setting, I enjoy spending time with family, playing the guitar, and gardening. I look forward to meeting you all.

MAY 2022 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 10:45 Party Exercise	3 9:00-9:30 B.P. Clinic 1:45 Beginner Balance 2:30 Chair Flow Yoga	4 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	5 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 1:45 Beginner Balance 2:30 Chair Flow Yoga	6 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	7	
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22	23 OnSite Dermatology 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	24 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 1:45 Beginner Balance 2:30 Chair Flow Yoga	25 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	26 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 1:45 Beginner Balance 2:30 Chair Flow Yoga	27 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	28	
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	<p>Call 407-732-5810 To Schedule your Fitness Assessment!</p>	<p>Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.</p>	<p>Massage Therapy is available every Wednesday by appointment only between 9am-4pm. Contact Dessary to Schedule 407-732-5810</p>	<p>Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815</p>	<p>Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office</p>		