

# Class Descriptions

**\*Fall Prevention I/Core:** This class is a beginner to intermediate level class. Using the balance bar and chair for support, we will use core function and proper form to challenge our balance and stability to help prevent falls and injuries and to help keep us moving!

**\*\*Fall Prevention II (Balance & Stability):** This class will build off basic core and stabilizing functionality exercises and keep your body and mind prepared for the unexpected so that your reaction time and balance/posture are at their sharpest!

**Morning Stretch & Flexibility:** Come join us with a seated class to listen to relaxing music and stretch your tension away. Learn to breathe right, relax your mind, and loosen up the tension in the body.

**Core Conscious.:** This class focuses on building a strong core which helps to promote stability and balance in your body & less susceptibility to falls and other injuries.

**Water Aerobics:** Low impact cardio and resistance while having fun in the pool.

**Dancing to the Decades:** Cardio fun through the decades - for all levels!

**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.

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

**\*Sit and Be Fit:** This is a chair based low-impact class designed for those residents who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights, tension bands and a ball.

**\*\*Strength & Stretch:** Using balls, bands and weights to strengthen and tone and stretching to keep muscles and joints flexible to keep your body strong.

**SIZZLER CLASS:** Each month we will feature a NEW fun and engaging class!

September-**Let It Go:** Restorative myofascial release with balls & foam rollers to massage away pain, release tension, increase circulation & lymphatic activity & boost immunity



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.

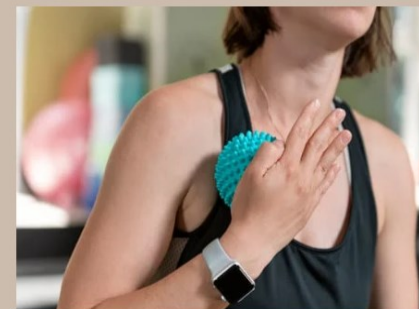
Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. To schedule your personalized session, please contact the wellness department.

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

# OAKMONTE WELLNESS PROGRAM



**September  
2023**



**"LET IT GO"**



**RESTORATIVE MYOFASCIAL RELEASE**

**NEW SIZZLER CLASS!!**

**TUESDAYS 2:30PM**

**STARTING IN SEPTEMBER**



# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength &amp; Stretch</b> 2:00 <b>*Sit and Be Fit</b>	<b>2</b> <div style="text-align: center; color: magenta;"><b>ANDIE MOD</b></div>
<b>3</b> <div style="text-align: center; color: magenta;"><b>ANDIE MOD</b></div>	<b>4</b> <div style="text-align: center; color: red;"><b>LABOR DAY BBQ</b></div> <div style="text-align: center; color: red;"><b>12PM-2PM</b></div> <div style="text-align: center; color: red;"><b>*No Classes*</b></div>	<b>5 Dr Suggs</b> 9:00-9:30 B.P. Clinic 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b> 2:30 <b>*Let It Go*</b>	<b>6 Massage Therapy</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 2:00 <b>*Sit and Be Fit</b>	<b>7 Dr. Roman</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b> 2:30 <b>*Dancing to the Decades</b>	<b>8</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 2:00 <b>*Sit and Be Fit</b>	<b>9</b>
<b>10</b>	<b>11</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 1:00 POOL NOODLE HOCKEY 2:00 <b>*Sit and Be Fit</b> 3:00 Country Line Dancing	<b>12 9:00-9:30 B.P. Clinic</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b> 2:30 <b>*Let It Go*</b>	<b>13 Massage Therapy</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 12:30 <b>CORNHOLE</b> 2:00 <b>*Sit and Be Fit</b>	<b>14 Dr. Roman</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 12:00 <b>NEUROBICS</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/Core</b> 2:30 <b>*Dancing to the Decades</b>	<b>15</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 2:00 <b>*Sit and Be Fit</b>	<b>16</b>
<b>17</b>	<b>18 Onsite Dermatology</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 2:00 <b>*Sit and Be Fit</b> 3:00 Country Line Dancing	<b>19 9:9:30 B.P. Clinic</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b> 2:30 <b>*Let It Go*</b>	<b>20 Massage Therapy</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 1:00 <b>NEUROBICS</b> 2:00 <b>*Sit and Be Fit</b>	<b>21 Dr. Roman</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:00 <b>**Fall Prevention Combo</b> 1:30 <b>*Dancing to the Decades</b> 2:00 <b>THE PRICE IS RIGHT</b>	<b>22</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 2:00 <b>*Sit and Be Fit</b>	<b>23</b>
<b>24</b>	<b>25</b> 9:30 Mindful Meditation 10:15 Core Conscious 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 1:00 <b>NEUROBICS</b> 2:00 <b>*Sit and Be Fit</b>	<b>26 9:00-9:30 B.P. Clinic</b> 9:30 Morning Stretch 10:30 <b>Water Aerobics</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b> 2:30 <b>*Let It Go*</b>	<b>27 Massage Therapy</b> 9:30 Mindful Meditation 10:45 Party Exercise 11:30 <b>**Strength and Stretch</b> 12:00 <b>*Sit and Be Fit</b> 2:00 <b>RESIDENT COUNCIL</b>	<b>28 Dr. Roman</b> 1:30 <b>**Fall Prevention II</b> 2:00 <b>*Fall Prevention I/ Core</b>	<b>29 Beltone Hearing</b> 9:30 Mindful Meditation 10:45 Party Exercise	<b>30</b>
	<b>Dr. Suggs is available by appointment only. Contact Su to Schedule 407-732-5815</b>	<b>Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.</b>	<b>Massage Therapy is available every Wednesday by appointment only between 9am-4pm. Contact Andrea Via email to schedule <a href="mailto:acastelli@oakmontevillage.com">acastelli@oakmontevillage.com</a></b>	<b>Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815</b>	<b>*Beginner **Advanced *Sizzler* - Special Class of the Month</b>	<b>Fitness Center Performing Arts Center Bistro Doctor's Office Outing Walking Trail Patio Card Room Pool Towers Office</b>