

# Class Descriptions

**\*Fall Prevention I /Core:** This class is a beginner to intermediate level class. Using the chair for support, we will challenge our balance and stability to help prevent falls and injuries and to help keep us moving! *30 minutes.*

**\*\*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! *30 minutes.*

**Chair Stretch:** Soothing music and deep stretching will leave you feeling amazing. Learn to breathe right, relax your mind, and loosen up the tension in the body. *30 minutes.*

**Core Conscious:** This class focuses on building a strong core which helps to promote stability and balance in your body. A strong core will help you to be less susceptible to falls and other injuries. *30 minutes.*

**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. *30 minutes.*

**\*Party Exercise:** Medium paced class to increase your energy, stamina, and strength while burning calories in the chair. *30 minutes.*

**\*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. *30 minutes.*

**\*\*Strength & Stretch:** Using balls, bands and weights to strengthen, tone, and stretching to keep muscles and joints flexible to keep your body strong. *45 minutes.*

**\*\*Outdoor Walk– Trail Blazers:** Meet in the gym and we will go for an outdoor walk on the trail and get some fresh air. *30 minutes.*

**\*\*AquaFit:** Incorporating cardio and strength, this low impact class is designed to improve joint stability, coordination and heart health. *30 minutes.*

**Chair Cardio:** Dance, punch, and move your way to better heart health! This chair based class is designed to increase cardiovascular ability while having fun doing it. *30 minutes.*

**\*\*Bootcamp:** This circuit style small group training will provide more resistance training using machines, steps, weights and more. This advanced level training will bring your strength to the next level! *45 minutes.*



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**

## 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 2024



## Class changes for May!

### Outdoor Walking

“Trail Blazer” walking club will now meet  
 M, W, F at 9am

### Bootcamp

M, F at 1pm

### Core Conscious

M, W, F at 10:15am

### Chair Cardio

T, Th at 9am

### Aquafit

T, Th at 10:30am

—See calendar for full May schedule—

My name is Amie. I am a mother to 3 beautiful daughters (Fayth-9, Grace-7, and Hope-3.) I have had a passion for fitness and wellness since High School. I am so thankful for the opportunities I have had that have lead me to Oakmonte! I am a certified Personal Trainer and Group Fitness Instructor. I also have NASM Certifications in Senior Fitness and Women's Fitness. I am currently earning my bachelors in Health Sciences with a focus on Health Coaching and Human Performance. My philosophy in fitness is to move a little every day and try to make it fun! I love helping people become stronger and more mobile.

When I am not training clients or myself, I enjoy being outdoors. I love gardening and nature. I also enjoy watching movies and reading a good book. I am originally from New Hampshire, but have lived in FI for 21 years. I am looking forward to meeting you all and helping you in any way I can!

# MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fitness Center Performing Arts Center Bistro Doctor's Office Outing Walking Trail Patio Card Room Pool Towers Office Theater			1 <b>Massage Therapy</b> 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 2:00 <b>Sit and Be Fit</b>	2 <b>Dr. Roman</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/Core</b>	3 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	4
5	6 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	7 <b>9-9:30 B.P. Clinic</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	8 <b>Massage Therapy</b> 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 2:00 <b>Sit and Be Fit</b>	9 <b>Dr. Roman</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	10 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	11  Amie MOD
12	13 <b>Onsite Dermatology</b> 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	14 <b>9-9:30 B.P.Clinic</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	15 <b>Massage Therapy</b> 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 2:00 <b>Sit and Be Fit</b>	16 <b>Dr. Roman</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 12:00 <b>Lunch N Learn Pain Management &amp; Spine Health</b> 2:00 <b>**Fall Prevention II</b> 2:30 <b>*Fall Prevention I/ Core</b>	17 10:45 <b>Party Exercise</b>	18
19	20 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	21 <b>9:00-9:30 B.P. Clinic</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	22 <b>Massage Therapy</b> 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 2:00 <b>Resident Council</b>	23 <b>Dr. Roman</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	24 9:00 <b>**Outdoor Walk</b> 9:30 <b>Mindful Meditation</b> 10:15 <b>Core Conscious</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 1:00 <b>**Bootcamp</b> 2:00 <b>Sit and Be Fit</b>	25
26	27  MEMORIAL DAY  Amie MOD	28 <b>9:00-9:30 B.P. Clinic/DrSuggs</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	29 <b>Massage Therapy</b> 9:30 <b>Mindful Meditation</b> 10:45 <b>Party Exercise</b> 11:15 <b>**Strength and Stretch</b> 2:00 <b>Sit and Be Fit</b>	30 <b>Dr. Roman</b> 9:00 <b>Chair Cardio</b> 9:30 <b>Morning Stretch</b> 10:30 <b>**Aquafit</b> 1:00 <b>**Fall Prevention II</b> 1:30 <b>*Fall Prevention I/ Core</b>	31 10:45 <b>Party Exercise</b>	
	Please keep an eye on the Community Channel For Any Class Updates!	*Beginner **Advanced	Massage Therapy is available every Wednesday by appointment only between 9am-4pm. Contact Tamara Via email to schedule triddick@oakmontevillage.com	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815	Dr. Suggs is available by appointment only. Contact Su to Schedule 407-732-5815	Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.