



WELLNESS SCHEDULE - DECEMBER 2021

MONDAY

9AM Resistance (Northgate Health Studio)
9AM Water Aerobics (Chambers Pointe)
10AM Strength and Balance (Life Center Event Room)
10:30AM Resistance (Renaissance Dining Room)
10:30AM Buddy Swim (Northgate)
11AM Essence of Tai Chi (Northgate)



Rhonda Campbell
Director of Wellness
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TUESDAY

8:15AM Pilates (Renaissance Social Room)
9AM Water Aerobics (Northgate)
9AM Pool Class (VS pool)
10:30AM Circuit Training (VS Exercise room)
1:30PM Balance (Chambers Pointe)
2PM Movin' Menno's (NG Patio)

WEDNESDAY

9AM Water Aerobics (Chambers Pointe)
9:30AM Buddy Swim (Northgate)
10AM Gentle Yoga (NG Health Studio)
10AM Strength & Balance (Life Center Event Center)
10:30AM Backyard Games (Chambers Pointe Laurel Room)
1-3 PM Buddy Swim (Chambers Pointe pool)
2PM Better Balance (NG Health Studio)

THURSDAY

8:15AM Pilates (Renaissance Social Room)
9AM Tai Chi (Northgate Patio)
9AM Pool Class (VS pool)
10:30AM Circuit Training (VS Exercise room)
2PM Movin' Menno's (Northgate Patio)

FRIDAY

9AM Water Volleyball ((1st 2nd & 5th Friday at Northgate; 3rd & 4th Friday at Chambers Pointe)
9AM Resistance (NG Health Studio)
9AM Water Aerobics (Chambers Pointe) except 3rd Fridays
10AM Strength and Balance (Life Center Event Room)
10:30AM Resistance (Ren Dining Room)

