



WELLNESS SCHEDULE - JANUARY 2022

MONDAY

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

TUESDAY

8:15AM Pilates (Renaissance Social Room)
9AM Water Aerobics (Northgate)
9AM Circuit Training (VS Exercise Room)
10:30AM Water Walking (VS Pool)
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 Circuit Training (VS Exercise room)
9AM Walking Group (Meet by Renaissance front entrance)
10:30AM Water Walking (VS Pool)
2PM Movin' Menno's (Northgate Patio)

FRIDAY

9AM Water Volleyball (1st, 2nd, and 5th Fridays at NG. 3rd and 4th Fridays at Chambers Pointe)
9AM Resistance (NG Health Studio)
9AM Water Aerobics (Chambers Pointe)
10AM Strength and Balance (Life Center Event Center)
10:30AM Resistance (Renaissance Dining Room)



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