



## WELLNESS SCHEDULE - JUNE 2022

### MONDAY

8:45AM Water Aerobics (CP Pool)  
9AM Resistance (NG Health Studio)  
10AM Strength & Balance (LC Event Center)  
10:30AM Resistance (Ren Dining Room)  
10:30AM Buddy Swim (NG Pool)  
11AM Tai Chi (NG Patio)

### TUESDAY

8:15AM Pilates (Ren Social Room)  
9AM Water Aerobics (NG Pool)  
9AM Circuit Training (VS Exercise Room)  
10:30AM Water Walking (VS Pool)  
1:30PM Balance (Ren Social Room)  
2PM Movin' Menno's (NG Health Studio)

### WEDNESDAY

8:45AM Water Aerobics (CP Pool)  
9:30AM Buddy Swim (NG Pool)  
10AM Gentle Yoga (NG Health Studio)  
10AM Strength & Balance (LC Event Center)  
10:30AM Backyard Games (CP Laurel Room)  
1-3 PM Buddy Swim (CP Pool)  
2PM Better Balance (NG Health Studio)

### THURSDAY

8:15AM Pilates (Ren Social Room)  
9AM Tai Chi Practice (NG Health Studio)  
9AM Circuit Training (VS Exercise room)  
9AM Walking Group (Meet by Ren front entrance)  
10:30AM Water Walking (VS Pool)  
2PM Movin' Menno's (NG Patio)

### FRIDAY

8:45AM Water Aerobics (CP Pool)  
9AM Resistance (NG Health Studio)  
10AM Water Volleyball (NG Pool)  
10AM Strength and Balance (LC Event Center)  
10:30AM Resistance (Ren Dining Room)

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Rhonda Campbell  
Director of Wellness  
(717) 217-5404

CP = Chambers Pointe  
LC = Life Center  
NG = Northgate  
VS = Village Square

