

ACTIVITIES SCHEDULE



Aqua Fitness Classes

9:00-9:20am Shallow Water Aquacise
in the Instructional Pool

9:30-9:50am Shallow Water
Arthritis Foundation & More in the
Instructional Pool

10:50-11:10am Deep Water Aqua Body
Blast in the Competition Pool

Therapy Pool Tours

9:30-9:50am Tour #1

11:00-11:20am Tour #2

15 mins demos available
after each tour

Land Fitness Classes

9:00-9:20am Zumba Gold in the
Community Room

11:00-11:20am Laughter Yoga on the
Pool Deck or on the Patio

11:20-11:40am Silver Sneakers
Classic Chair in the Community Room

Parkinson's Fitness: CoLab Room

9:00-9:20am PWR! Moves

9:30-9:50am Neurologic Music Therapy

10:50-11:10am PD Movement

11:20-11:40am PD Dance

GUEST SPEAKERS



9:20-9:50am

**AARP Homefit Workshop: Modifying Your
Home for Safety and Comfort with David Hunt**

Keynote Speaker 10:15-10:45am

"Aging Well"

**with Dr. Ayn Welleford, MSG, PhD, AGHEF
Director, VCU Gerontology, Community and
Continuing Education**