

Fitness activities offered by Collington

Aerobics — Ebony: Tues 12-12:30 in Classroom D

Aqua Fit — Ebony: M/W/F 9-11:00 in the Pool

Balance and Beyond — Nelson: T/Th 1-2:00 in Classroom D

Wii games — Nelson: Wed 2:30 in Classroom B

Zumba — Ebony: Th 12:00 in Classroom C

Fitness activities offered by Residents

Billiards — open: Tues 1-2; Wed 11-12; Thu 1-2:00, open at all times  
in the Billiards Room - Denny Klass

Bocce — open: as advertised

Chair yoga — Marion Robbins: Mon 10:45 in Classroom A

Croquet — Nancy Eichert — summer activity

Ping-Pong — Linda Trimbath: as advertised in Game Room

Stretch Bands — Jacob Kijne: as advertised in Classroom D

Ta'i chi for seniors — Mary Kim: Mon 1-2:30 in Classroom D

Walking — open

Yoga — Marion Robbins: Th 10:30 in the Game Room

Fitness activities offered by SAGE for Spring 2019 Semester

Balance — Dionne Bush: Fri 9-10:00 in Classroom D

Circuit training — Dionne Bush: T/TH 9-11:00 in Classroom D

Pilates — Susan Shell: M/W/F 11-12:00 in Classroom D

Tai chi — Chung-Jen Chang: Mon 1-3; Wed 10-12:00 in Classroom A

Therapeutic aquatics — Cheryl Mabry: T/Th 10-11:30 in the Pool

Weights — Dionne Bush: Fri 10-11:00 in Classroom

**CHECK THE COURIER TO MAKE SURE AN ACTIVITY TAKES PLACE!**

# FITNESS COMMITTEE

**Do any of these activities interest you enough that you would join in?**

Badminton

Bean bag toss

Chair volleyball

Dance lessons

Shuffleboard

Other? You name it!

NAME (print)

E-MAIL

EXT.

ACTIVITY

