

**You must wear your CLLDID bracelet at all times.**



**CLLD Sports & Wellness Schedule**

July 10, 2017 - December 29, 2017  
 Classes subject to change.  
 Please check emails for occasional updates.



Day	Class	Location	Instructor	Time
MONDAY	THE NEW BIOLOGY OF ANTI-AGING	President's Room Starting in October	Izzy	11:00-12:00PM
	TAI CHI FOR ARTHRITIS (Registered Participants ONLY)	Outdoors	Lisa & Carolyn	11:30-12:30PM
	SWIM TO ISRAEL	Indoor Pool	Carla	11:30-12:30PM
	SCHVITZ & BURN	Fitness Studio	Karen	11:30-12:30PM
	NUTRITION IN THE KITCHEN	Social Hall	Lisa	12:00-1:00PM
	CORE YOGA	Fitness Studio	Carolyn	12:30-1:30PM
	TIPS FOR A HEALTHY LIFESTYLE	Social Hall	Lisa	1:00-2:00PM
	CARDIO CIRCUIT	Fitness Center	Carla	1:30-2:30PM
	SCHVITZ IT UP	Fitness Studio	Karen	1:30-2:30PM
	CHAIR YOGA	Media Room	Carolyn	2:00-3:00PM
	GENTLE ZUMBA	Fitness Studio	Dina	2:30-3:30PM
TUESDAY	WALK WITH EASE (Registered Participants ONLY)	Outdoors	Lisa	10:00-11:00AM
	XBOX BOWLING LEAGUE	Arts and Crafts	Carla	1:00-2:30PM
	S.A.I.L (Registered Participants ONLY)	Fitness Studio	Deborah	1:00-2:00PM
	STRENGTH TRAINING CIRCUIT	Fitness Center	Carla	1:00-2:00PM
	ZUMBA GOLD	Fitness Studio	Deborah	2:00-3:00PM
	SWIM TO ISRAEL	Indoor Pool	Carla	2:00-3:00PM
	CHAIR YOGA	Social Hall	Lisa	3:00-4:00PM
	PINK PROGRAM	Fitness Studio	Janice	5:00-6:00PM
WEDNESDAY	TAI CHI FOR ARTHRITIS (Registered Participants ONLY)	Outdoors	Lisa & Carolyn	12:00-1:00PM
	BEGINNER PILATES	Fitness Studio	Lina	12:00-1:00PM
	NUTRITION IN THE KITCHEN	Social Hall	Lisa	12:00-1:00PM
	CHAIR YOGA	Media Room	Carolyn	12:30-1:30PM
	TIPS FOR A HEALTHY LIFESTYLE	Social Hall	Lisa	1:00-2:00PM
	DIABETES PREVENTION PROGRAM (ONLY active participants from previous semester's class)	Teen/Adult Lounge 7/19, 8/16, 9/6	William & Lucille	1:00-2:00PM
	CARDIO & TONING	Fitness Center	Lina	1:00-2:00PM
	SCHVITZ IT UP	Fitness Studio	Karen	1:00-2:00PM
	SWIM TO ISRAEL	Indoor Pool	Carla	2:00-3:00PM
SPIRITUAL STRETCHING	Fitness Studio	Carolyn	2:00-3:00PM	
THURSDAY	INTERNAL EXERCISE	Ensemble Room #1	Arthur	12:00-1:00PM
	CHAIR YOGA	Media Room	Rita	12:00-1:00PM
	PUMP-N-BURN	Fitness Studio	Deborah	12:30-1:30PM
	S.A.I.L (Registered Participants ONLY)	Fitness Studio	Deborah	1:30-2:30PM
	GENTLE YOGA	Spin Room	Rita	1:30-2:30PM
	YOGA FIT	Spin Room	Rita	2:30-3:30PM
	Move -N- Groove	Fitness Studio	Lisa	2:30-3:30PM
	SWIM TO ISRAEL	Indoor Pool	Carla	2:30-3:30PM
PINK PROGRAM	Fitness Studio	Janice	5:00-6:00PM	
FRIDAY	NUTRITION IN THE KITCHEN	Social Hall	Lisa	11:30-12:30PM
	GENTLE ZUMBA	Fitness Studio	Dina	12:30-1:30PM
	CARDIO CIRCUIT	Fitness Center	Carla	12:30-1:30PM
	HEALING GUIDED MEDITATION	Media Room	Isabelle	12:30-1:30PM
	SWIM TO ISRAEL	Indoor Pool	Carla	1:00-2:00PM
CHAIR YOGA	Media Room	Isabelle	1:30-2:30PM	

**\*CLLD participants are not permitted to use outdoor pool, towel services, hot tub, sauna, steam room. Indoor pool and locker rooms are only accessible during designated CLLD swim classes.\***