

## WELLNESS PROGRAM SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
revised 6-30-10					
7:30					
7:45					
8:00					
8:15					
8:30	Walking	Walking	Walking	Walking	Walking
8:45					
9:00	Wake-Up Stretches	Exercise Group (I.f.)	A Boost For Your Bones	Exercise Group (I.f.)	
9:15					
9:30					
9:45	A Boost For Your Bones				Chair Aerobics
10:00					
10:15					
10:30	SNACK	SNACK	SNACK	SNACK	SNACK
10:45					
11:00	Weight Lifting	Lower Extremity Exercise or Walks	Lower Extremity Exercise or Walks	Weight Training	Active ROM group
11:15					
11:30					
11:45					
12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:15					
12:30					
12:45					
1:00					
1:15				Lissa's Parachute Ball	
1:30			Weight Lifting		Weight Lifting
1:45					
2:00					
2:15					
2:30	SNACK	SNACK	SNACK	SNACK	SNACK
2:45					
3:00	Wii group	Wii group	Wii group	Wii group	Wii group
3:15					
3:30					
3:45					
4:00					
4:15					
4:30					
4:45					
5:00					
5:15					
5:30					