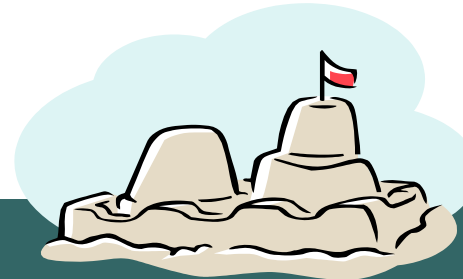


CLUB PARADISE WELLNESS PROGRAM ACTIVITIES

AUGUST 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10am Total Body Conditioning 11am Sit & Get Fit	3 9:30am Line Dancing 10:30 Balance & Stabilize	4 10am Total Body Conditioning 11am Sit & Get Fit	5 11am Aqua Fitness 2pm Chair Yoga 6:00p Employee Workout!	6 10am Total Body Conditioning 11am Senior Yoga	7
8	9 10am Total Body Conditioning 11am Sit & Get Fit	10 9:30am Line Dancing 10:30 Balance & Stabilize	11 10am Total Body Conditioning 11am Sit & Get Fit	12 11am Aqua Fitness 2pm Chair Yoga 6:00p Employee Workout!	13 10am Total Body Conditioning 11am Senior Yoga	14
15	16 10am Total Body Conditioning 11am Sit & Get Fit	17 9:30am Line Dancing 10:30 Balance & Stabilize	18 10am Total Body Conditioning 11am Sit & Get Fit	19 11am Aqua Fitness 2pm Chair Yoga 6:00p Employee Workout!	20 10am Total Body Conditioning 11am Senior Yoga	21
22	23 10am Total Body Conditioning 11am Sit & Get Fit	24 9:30am Line Dancing 10:30 Balance & Stabilize 2pm Wellness Workshop	25 10am Total Body Conditioning 11am Sit & Get Fit	26 11:00am Aqua Fitness 2pm Chair Yoga	27 10am Total Body Conditioning 11am Senior Yoga	28
29	30 10am Total Body Conditioning 11am Sit & Get Fit	31 9:30am Line Dancing 10:30 Balance & Stabilize				



CLUB PARADISE HOURS

Fitness Equipment and Group Fitness Studio
Monday thru Friday 8:00a-7:30p
Saturday & Sunday 9:00a-7:30p

Pool and Spa

Monday, Wed, & Friday 8:00a-4:15p
Tuesday & Thursday 10:00a-7:15p
Saturday Closed
Sunday 1:00-3:00p (Age 21+ Only)
3:00-4:45p (All Ages Welcome)

* Please note that no one is allowed in any part of Club Paradise, *
including the pool and spa, outside of officially posted hours.

** Family members and guests must be accompanied by a **
PV RESIDENT when using any part of Club Paradise.

Class Descriptions

Aqua Fitness A water-based class which includes cardio and resistance training to strengthen and condition without impact on the joints. In the Pool.

Balance & Stabilize A 30-minute class which incorporates exercises and activities to improve balance and stability. Emphasis will be on core and leg strength, standing stability, coordination, and functional mobility. Participants must be able to remain standing for 30 minutes. In the Group Fitness Studio.

Chair Yoga A seated version of Senior Yoga. The entirety of this class is done in the chair. In the Group Fitness Studio.

Line Dancing A cardio & "cranio" workout which emphasizes cardio health, coordination, and light dance. Join us and get moovin' and groovin'! In the Group Fitness Studio.

Senior Yoga A wonderful way to strengthen and lengthen the body, release tension and stress, promote flexibility, and restore peace of mind. This class includes some standing poses which utilize the assistance of a chair. In the Group Fitness Studio.

Sit & Get Fit Performed from a seated position for the entire duration, this class will include cardio movements and strengthening/stretching exercises. In the Group Fitness Studio.

Total Body Conditioning A class designed to increase strength, cardio health, range of motion, balance, mobility, and functional skills. In the Group Fitness Studio.

