

KEY:

FFC - Fieldpointe Fitness Center

RC - Regent's Club

SC - Sunrise Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Strong Bodies™ (FFC) 10:30 NO CLASS (SC) 11:00 Identity Theft (RC) 11:00 NO CLASS (FFC) 1:00 Balance (FFC)	2 9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC)	3 9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC) 1:00 Tai Chi (SC) 2:00 Gentle Yoga (FFC)	4 9:30 Standing Cardio (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)	5 9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 11:00 Seated Exercise (SC)	6
7 World Health Day!	8 9:00 Strong Bodies™ (FFC) 12wk Evaluation Day 10:30 Strong Bodies™ (SC) 12wk Evaluation Day 11:00 Exercise 2 (FFC) 1:00 Balance (FFC)	9 9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC) 3:00 Dance w/Rosita! (FFC)	10 9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC) 1:00 Tai Chi (SC) 2:00 Gentle Yoga (FFC) 3:00 Dementia Exercise (RC)	11 9:30 Standing Cardio (FFC) 10:30 Strong Bodies™ (SC) 12:00 Walk Trip to Muskego & Milk Can Lunch 1:00 NO CLASS (FFC) 1:00 Walking Club (SC)	12 9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 11:00 Seated Exercise (SC)	13
14	15 9:00 Strong Bodies™ (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC)	16 9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 NO CLASS (SC) Resident Advisory	17 9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC) 1:00 Tai Chi (SC) 2:00 NO CLASS (FFC) Community Meeting	18 9:30 Standing Cardio (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)	19 9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 11:00 Seated Exercise (SC)	20
21	22 9:00 Strong Bodies™ (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC)	23 9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC)	24 9:00 Strong Bodies™ (FFC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC) 1:00 Tai Chi (SC) 2:00 Gentle Yoga (FFC)	25 9:30 Standing Cardio (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 1 (RC) 1:00 Cardio Drum (FFC) 1:00 Walking Club (SC)	26 9:00 Strong Bodies™ (FFC) 11:00 S T R E T C H (FFC) 11:00 Seated Exercise (SC)	27
28	29 9:00 Strong Bodies™ (FFC) 10:30 Strong Bodies™ (SC) 11:00 Exercise 2 (FFC) 1:00 Balance (FFC)	30 9:30 Standing Cardio (FFC) 11:00 Exercise 1 (RC) 11:00 Cardio Drum (SC) 1:00 Cardio Drum (FFC) 1:00 S T R E T C H (SC) 3:00 Dance w/Rosita! (FFC)		<h1>Fitness Calendar</h1> <h2>April 2024</h2>		

FIELDPOINTE & REGENT'S CLUB EXERCISE CLASSES

1. **CONSUMER PROTECTION SPEAKER** - The Wisconsin Bureau of Trade & Consumer Protection will be here to discuss Identity Theft: Protection & Prevention. April 1st at 11:00am, Regent's Club.
2. **DEMENTIA SUFFERER EXERCISE CLASS & MEMORY CARE PEER SUPPORT GROUP** - Exercise class takes place in the Regent's Club while a Caregiver Peer Support Group meets in the 2300 Club to discuss the trials and tribulations of caregiving. (40 minutes) Rsvp with Jane at (262) 330-5176. Wednesday, April 10th, 3:00 pm.
3. **DANCE WITH ROSITA** - Standing full body movements while learning to loosen up those muscles to Latin music! (30 minutes) Exertion level = 1.
4. **YOGA - Is back with Cari Terry!** This class will be on the floor/mat. Mitigate stress in the mind and body. Wind down with a meditation segment. Bring a mat if you have one. (60 minutes) Exertion level = 2.
5. **STANDING CARDIO** - A video led class showcasing cardio routines. Levels for faster or slower pace included. (30 mins.) Exertion level = 2 & 3.
6. **EXERCISE 1 (Regent's Club)** - Alleviate the aches and pains of the aging body through full body movements. (30 mins.) Exertion level = 1.
7. **EXERCISE 2** - Head to toe workout for beginners and intermediate exercisers. (30 mins.) Exertion level = 2.
8. **BALANCE** - Seated or standing full body exercises to help increase muscle strength, balance, stability, and fall prevention. Resting between movements is included. (30 mins.) Exertion level = 1 & 2.
9. **StrongBodies™ STRENGTH TRAINING** - Structured, safe, and effective evidence-based strength-training program developed for adults of any age. Brought to you through the UW-Madison Extension. Registration required. (90 minutes) Exertion level = 2 & 3. **Monday, April 8th - 12 week end of session evaluation!** You have been working hard for 12 weeks, we will evaluate your progress and consistency!
10. **CARDIO DRUMMING** - Seated or standing! Get your cardio on while drumming to lively music. Improve your rhythm, increase your cardio output, and burn calories. No prior experience required. (30 minutes) Exertion level = All.
11. **S T R E T C H** - Get limbered up for the weekend! S t r e t c h the entire body! (30 minutes) Exertion level = 0 & 1.
12. **WALKING CHALLENGE!** -Track steps for Feb - April. Tracking sheets available in the FFC or Welcome Centers. **Thursday, April 11th** - Come get your step on with Brooke in Muskego & go for lunch at Milk Can!

Questions or to register call Brooke: (262) 330-5162

SUNRISE CENTER EXERCISE CLASSES

1. **CONSUMER PROTECTION SPEAKER** - Monday, April 1st, 11:00 am, Regents Club. The Wisconsin Bureau is here to discuss Identity Theft: Protection and Prevention.
2. **HYDRATION STATION** - Tuesday, April 9th, 10:30 am, Sunrise Center. Come learn about hydration needs with MacKenzie, especially if you exercise!
3. **DANCE WITH ROSITA** - Seated movement of the entire body while learning to loosen up those muscles to Latin music! (30 minutes) Exertion level = 0. Wednesday, April 10th, 10:00 am, April 17th, 3:00 pm.
4. **WALKING CLUB** - Meet in the Sunrise Center for a walk around the building to strengthen your legs and boost your mood! (30 minutes) Exertion level = 1, Thursday 1:00 pm.
5. **TAI CHI** - Slow, gentle movements, focusing on posture with controlled breathing. (30 minutes) Exertion level = 0 & 1, Wednesday 1:00 pm.
6. **SEATED EXERCISE** - Energize with a full body workout to increase blood flow and cardio output! (30 minutes) Exertion level = 0 & 1, Friday 11:00 am.
7. **StrongBodies™ STRENGTH TRAINING** - Structured, safe, and effective evidence-based strength-training program brought to you through the UW-Madison Extension with recovery/rest time included. *Registration required.* See MacKenzie prior to class start. (60 minutes) Exertion level = 1, Monday & Thursday 10:30 am. **Monday, April 8th - 12 week end of session evaluation!**
8. **CARDIO DRUMMING** - Seated class combining cardio exercise and drumming to lively music. No experience required! (30 minutes) Exertion level = 1, Tuesday 11:00 am.
9. **S T R E T C H** - Feeling run down? Relax, limber up, and reduce pain with gentle movement. (30 minutes) Exertion level = 0 & 1, Tuesday 1:00 pm.

Questions or to register call MacKenzie: (262) 330-5162