



Wellness Hallway & Outdoor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Morning Walk 7:30am Meet on Central Patio	
				Memory Care Exercise 9:15-9:45am 2nd Floor (North) Lori	
Cardio/Strength & Stretch 10:00-10:30am 1st Floor Lori	Strength & Balance Class 9:30-10:00am 2nd Floor (South) Lori	Strength & Balance Class 10:00-10:30am 1st Floor Lori	Strength & Balance Class 9:30-10:00am 2nd Floor (South) Lori		
Cardio/Strength & Stretch 10:30-11:00am 3rd Floor (South) Lori	Strength & Balance Class 10:00-10:30am 4th Floor (North) Lori	Strength & Balance Class 10:30-11:00am 3rd Floor (South) Lori	Strength & Balance Class 10:00-10:30am 4th Floor (North) Lori		
Cardio/Strength & Stretch 11:00-11:30am 3rd Floor (North) Lori	Strength & Balance Class 10:30-11:00am 4th Floor (South) Lori	Strength & Balance Class 11:00-11:30am 3rd Floor (North) Lori	Strength & Balance Class 10:30-11:00am 4th Floor (South) Lori		
		Memory Care Exercise 12:30-1:00pm Mem. Care Lori			
	Afternoon Walk 2:00 PM Meet on Central Patio				

Special Information

Please open your door if you would like to participate for wellness. All classes can be done seated or standing and a chair in the hallway is welcome. Please maintain social distancing guidelines of staying at least 6 feet apart and wear a facemask for all hallway activities.

Morning and afternoon walks are weather permitting and are for everyone. Please let Lori know (763-635-5464) if you would like to request wheelchair assistance.