

# SAMPLE CAMPUS EXERCISE SCHEDULE

Episcopal Homes of Minnesota

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30-10:30am Seated Yoga, <b>Coventry Chapel</b>	9:15-10:15am Ping Pong, <b>MIDWAY POINTE COMMUNITY ROOM</b>	9:30-10:15am Seated Yoga, <b>OTTO HALL</b>	9:00-10:00am YMCA Functional Fitness, <b>CORNELIA HOUSE COMMUNITY ROOM</b>	10:00-10:30am Member Led Chair Exercise, <b>SEABURY DINING</b>
	10:30-11:15 am Core Training and Fall Prevention <b>IPC Rhodes Room</b>	10:00-10:30am Member Led Exercise Class, <b>SEABURY</b>	9:30-10:30am Tai Chi Chih, <b>TERRACE 5<sup>TH</sup> FLOOR DREW ROOM</b>	10:00-11:00am Group Exercise 1st/3rd Thursdays, <b>IPC</b>	9:15-10:15am Ping Pong, <b>MIDWAY POINTE COMMUNITY ROOM</b>	10:00-11:00am Stronger Seniors - DVD, <b>IPC</b>
	1:30-2:30pm Walk for Wellness, <b>KATY'S COTTAGE</b>	10:00am Group Exercise w/Chair Tai Chi, <b>IPC-2<sup>ND</sup> FLOOR LIBRARY</b>	10:00-11:00am Group Exercise, (DVD) <b>IPC Rhodes Room</b>	11:00-11:30pm Walk for Wellness, <b>KATY'S COTTAGE</b>	9:30-10:30am Tai Chi Chih, <b>TERRACE 5<sup>TH</sup> FLOOR DREW ROOM</b>	10:30-11:15am Let's Dance with Lala, <b>ATRIUM</b>
	2-2:45 pm Wii Bowling <b>IPC 1<sup>ST</sup> FLOOR LOUNGE</b>	10:45-11:15am Balance Boot Camp w/Julia <b>SEABURY</b>	1:30-2:00pm Walk for Wellness, <b>KATY'S COTTAGE</b>	11:45-12:30pm Let's Dance w/Lala, <b>OTTO HALL</b>	11:00am Group Exercise, <b>IPC Rhodes Room</b>	2:00-3:00pm Courtyard Walk, <b>ATRIUM</b>
		11:00-11:30 pm Walk for Wellness, <b>KATY'S COTTAGE</b>		2 pm Group Exercise 2 <sup>nd</sup> /4 <sup>th</sup> Thursdays, <b>IPC</b>		