

DALTON WELLNESS CENTER

July 2024

HOURS
Monday-Friday

**7:00AM-
6:00PM**

WELLNESS CONTACTS

Jacenta Scott at 7469
email:
jacenta.scott@aegistherapies.com

OR

Andrea Beitler at
7003
andrea.beitler@aegistherapies.com



MON

LV= Lakeview Room 3rd= 3rd Floor
RSC= Front Doors of RSC VG= Village Green
Group Fitness WR= Weight Room

TUE

07:30am EnerG Strength @GF 45 min
09:15am Cardio Fit @GF
10:00am Nordic Walking@RSC
10:45am Chair Yoga @3rd
11:00am PD Warriors @GF
11:30am 3rd Floor Fitness Fun @3rd floor TV Room
11:45am Tai Chi @3rd
01:30pm Line Dancing @GF
02:15pm Advanced Balance @GF
03:00pm Cardio Drumming @GF
05:00pm Aqua Bootcamp @PL 30 min

WED

APT 107= Apartment
TC= Tennis Courts

07:30am Tai Chi @GF 30 min
08:30am Rise and Stretch @3rd
09:15am Cardio Fit @GF
10:00am Welcome to Wellness @GF
11:00am Advanced Balance @GF
11:30am 3rd Floor Fitness Fun @3rd floor TV Room
11:45am Beginner Balance @3rd
01:30pm Line Dancing @GF
02:15pm Tai Chi@GF
03:00pm Cardio Kickboxing @GF
03:45pm Aqua BootCamp @PL
05:00pm PD Warriors @GF

THU

PL= Pool MR= Magnolia Room
VT= Virgil's Trail GF=

07:30am Cardio Kickboxing @GF 30 min
08:30am Rise and Stretch @3rd
09:15am Water Walking @PL
10:00am Walking Club @RSC
11:00am Recreation Station @GF
11:45am Cardio Drumming @GF
01:30pm Brain Fitness @3rd
02:15pm Craft Time @3rd
2:30pm PD Warriors @GF
3:00pm Game Time@ 3rd floor

FRI

07:30am EnerG Strength @GF 45 min
08:30am Rise and Stretch @3rd
09:15am Morning Yoga @3rd
10:00am EnerG Circuit @3rd
11:00am Cardio Kickboxing @GF
11:30am 3rd Floor Fitness Fun @3rd floor TV Room
11:45am Beginner Strength @GF
01:30pm Line Dancing @3GF
02:15pm Water Aerobics @PL
03:00pm PD Warriors @GF
03:45pm Cardio Drumming @GF

Weekly Wellness Schedule