



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Color Key</b> Activities are available for all residents. However, different activities are directed towards specific campus groups. ■ = The Springs Wellness Center Members ■ = Campus Wide</p>	<p><i>All classes and activities are subject to change without notice.</i></p> <p><i>* Indicates activities you must sign up for in advance</i></p> <p><i>\$ = Additional fees apply</i></p>		<p><b>1</b> 7:15-Water Aerobics* 8:00- Chair Yoga 9:00- Gentle Yoga Balance 10:00- Walk On (Balance)</p>	<p><b>2</b> 10:00- Bean Bag Toss (Studio C) 8:00-1:00- Simply Zen Massage (Studio B)*</p>
<p><b>5</b> 10:00- Strength (Studio C) 2:00- Strength (Studio C)</p>	<p><b>6</b> 10:00- Ab Basics 10:00-12:00- Tablet Tuesday (Studio A) 1:00-3:00- Tablet Tuesday (Studio A)</p>	<p><b>7</b> 10:00- Balance (Studio C) 3:00- Balance (Studio C)</p>	<p><b>8</b> 7:15-Water Aerobics* 8:00- Chair Yoga 9:00- Gentle Yoga Balance 10:00- Walk On (Balance)</p>	<p><b>9</b> 10:00- Bean Bag Toss (Studio C) 8:00-1:00- Simply Zen Massage (Studio B)*</p>
<p><b>12</b> 10:00- Strength (Studio C) 2:00- Strength (Studio C)</p>	<p><b>13</b> 10:00- Ab Basics 10:00-12:00- Tablet Tuesday (Studio A) 1:00-3:00- Tablet Tuesday (Studio A)</p>	<p><b>14</b> 10:00- Balance (Studio C) 1:30- Caregiver Support Group (Studio C) 3:00- Balance (Studio C)</p>	<p><b>15</b> 7:15-Water Aerobics* 8:00- Chair Yoga 9:00- Gentle Yoga Balance 10:00- Walk On (Balance) 11:00- Memory Café (Wellness Kitchen)</p>	<p><b>16</b> 10:00- Bean Bag Toss (Studio C) 8:00-1:00- Simply Zen Massage (Studio B)*</p>
<p><b>19</b> 10:00- Strength (Studio C) 2:00- Strength (Studio C)</p>	<p><b>20</b> 10:00- Ab Basics 10:00-12:00- Tablet Tuesday (Studio A) 1:00-3:00- Tablet Tuesday (Studio A)</p>	<p><b>21</b> 10:00- Balance (Studio C) 3:00- Balance (Studio C)</p>	<p><b>22</b> 7:15-Water Aerobics* 8:00- Chair Yoga 9:00- Gentle Yoga Balance 10:00- Walk On (Balance)</p>	<p><b>23</b> 10:00- Bean Bag Toss (Studio C) 8:00-1:00- Simply Zen Massage (Studio B)*</p>
<p><b>26</b> 10:00- Strength (Studio C) 2:00- Strength (Studio C)</p>	<p><b>27</b> 10:00- Ab Basics 10:00-12:00- Tablet Tuesday (Studio A) 1:00-3:00- Tablet Tuesday (Studio A)</p>	<p><b>28</b> 10:00- Balance (Studio C) 3:00- Balance (Studio C)</p>	<p><b>29</b> 7:15-Water Aerobics* 8:00- Chair Yoga 9:00- Gentle Yoga Balance 10:00- Walk On (Balance) 1:30- Memory Care Support Group (Studio C)</p>	<p><b>30</b> 10:00- Bean Bag Toss (Studio C) 8:00-1:00- Simply Zen Massage (Studio B)*</p>



**Rachel Tilley: Wellness Coordinator 715-942-1426**

**Erin Helgeson: Community Outreach Coordinator 715-942-9322**

**The Springs membership fees and assessment evaluation are required to participate in wellness classes.  
Some classes are open to the public.**

**Tablet Tuesday**

Every Tuesday 10am-12pm & 1pm-3pm come in and use our iPads- play games, check your email, search the web, etc.

**Chatty Crochet/Knit Group**

A knitting and crochet group for those who enjoy conversation and each other's company.

**Water Aerobics**

Every Thursday at Splash Fitness from 8-9am. Cost is \$5 for the class. Cost of a ride is \$2- 7:15am pick up The Springs & 10am pick up Splash Fitness. Call to sign up for a ride.

**Bean Bag Toss**

Grab your spouse or a friend for a friendly game of bean bag toss or come to watch and cheer on the others!

**Simply Zen Massage**

Please Contact Michelle at (715) 239-5746 to schedule an appointment.