



Drop in to a Wellness Class!

In-person wellness classes are open to Residents and Point Members only. Sign-in is required.

Chair Aerobics
8:15am
Mondays - Fridays

Floor Yoga Class
9:00am
Tuesdays & Thursdays

24 Step -Yang Style Tradition Tai Chi.
4:00pm: Thursdays

Balance Class
9:00am
Mondays & Wednesdays

Chair Pilates
10:30am: Tuesdays in the Fitness Center
Thursdays in Aud.

Walking Club
9:00am: Fridays

Strength & Stretch
9:45am
Mondays - Fridays
(Thurs. in The Aud.)


Parkinson's Workout
10:00am in Hillside
11:00am in Fitness Center
Thursdays

Modified Tai Chi
11:10am: Fridays

Chair Yoga
10:30am
Mondays, Wednesdays, & Fridays

Sit & Get Fit
3:00pm
Mondays- Thursdays
Seated Tai Chi
4:00pm
Mondays & Wednesdays

Move to The Beat
2:00pm: Mondays & Fridays
5:30pm: Wednesdays



Wellness Wednesday Check-ins
9:00am: Fitness Gym
Available to Res. & PM Only

Set yourself up for success with a personal wellness consultation with a CC Young rehab team specialist. Get answers to questions you may have regarding your wellness goals.

Classes are subject to change. See The Lifestyle Guide or tune in to Ch. 80 for a daily schedule of all classes and events.



Workout at The Fitness Center
7 days a week from 7:00am - 9:00pm
Sign-in required.