



National Senior Health & Fitness Day

Wednesday, May 25, 2022, 5:30 a.m. - 9 p.m.

FREE guest day!

	Event	Time	Location
Recreation	Beginner Pickleball	10 – 11:15 a.m.	Sports Arena
	Advanced Pickleball	11:30 a.m. – 12:45 p.m.	Sports Arena
Fitness & Group Fitness Classes	Know Your Numbers	9 – 10 a.m.	Board Room
	Tai Chi Demo	10 – 10:30 a.m.	Conference Room A&B
	Know Your Numbers	11 a.m. – 12 p.m.	Board Room
	Gentle Hatha Yoga	11:30 a.m. – 12:15 p.m.	Studio A or Outside
	Know Your Numbers	1 – 2 p.m.	Board Room
	Be Balanced Class	3 – 3:50 p.m.	Studio A
Aquatics	Deeply Fit	9:30 a.m.	Main Pool
	Fluid Moves	11:30 a.m.	WW Pool
Medical Exercise	Importance of Balance Training	9:30 - 9:50 a.m.	Conference Room B
	Exercising with Osteoarthritis	10:40 – 11 a.m.	Conference Room B
	Exercising with A-Fib	11:45 a.m. – 12:05 p.m.	Conference Room B
	Active Aging	2 – 2:20 p.m.	Conference Room B
	Healthy Snacks with Grandkids	6 p.m.	Conference Room A
	Oasis Senior Advisors – Laugh and Learn	12:30 – 1:30 p.m.	Conference Room B
Pro Shop	Brain Teasers/Games	Available All Day	Cafe/ProShop
	TriHealth Seniority	9 a.m. – 1 p.m.	Atrium

