



Fitness and Aquatic Centers

# Weekly Wellness Schedule

January 10<sup>th</sup> - January 17<sup>th</sup>, 2021

## MONDAY, JANUARY 11<sup>th</sup>

10:00 – 10:45 AM	Strength & Stretching	Ryan	Auditorium (In person class by reservation only), Privatel Channel 84, & YouTube Live
2:00 – 2:30 PM	Wellness Workout	Ryan	Privatel Channel 84

## TUESDAY, JANUARY 12<sup>th</sup>

10:00 – 10:45 AM	Strength & Stretching	Ryan	Privatel Channel 84 & YouTube Video
11:00 – 11:30 AM	Zumba Gold	Helena	Email Ryan for Meeting ID & Password
2:00 – 3:00 PM	Wellness Workout	Ryan	Privatel Channel 84
3:00 – 3:30 PM	20 Minute Balance Live	Ryan	Privatel Channel 84 & YouTube Live

## WEDNESDAY, JANUARY 13<sup>th</sup> (COVID-19 Vaccination Clinic from 10 AM – 5 PM)

10:00 – 10:45 AM	Strength & Stretching	Ryan	Privatel Channel 84, & YouTube Video
2:00 – 2:30 PM	Wellness Workout	Ryan	Privatel Channel 84

## THURSDAY, JANUARY 14<sup>th</sup>

10:00 – 10:45 AM	Strength & Stretching	Ryan	Privatel Channel 84 & YouTube Link (Pre-Recorded)
10:00 – 10:30 AM	Seated Zumba Gold	Helena	Email Ryan for Meeting ID & Password
1:00 – 2:00 PM	Coping with COVID	Alzheimer's Foundation of America	Privatel Channel 84 & Webinar Link
2:00 – 2:30 PM	Wellness Workout	YouTube	Privatel Channel 84 & YouTube Live

## FRIDAY, JANUARY 15<sup>th</sup>

10:00 – 10:45 AM	Strength & Stretching	Ryan	Privatel Channel 84, & YouTube Video
2:00 – 2:30 PM	Wellness Workout	Ryan	Privatel Channel 84
3:00 – 3:30 PM	Standing Tai Chi	Andrew/Baltimore Co. Dept. Of Aging	Privatel Channel 84 & YouTube Video

### Schedule Changes / Updates

- Edenwald's YouTube Page: <https://www.youtube.com/channel/UCAeH5UIdrwHKFCGLaDbTjmA>
- Zumba Gold with Helena Zoom Link (used for both the Tuesday & Thursday classes): <https://us02web.zoom.us/j/77045039834?pwd=M2dIYjVkJM3hVTGNmN042NEdEOTcxZz09>
- Standing Tai Chi (34 min): <https://www.youtube.com/watch?v=qAXEFyZzZtY>
- Coping with COVID Webinar Registration Link: : <https://alzfdn.org/event/care-connection-webinar-coping-with-covid/>
- Ryan will be out of the office on Friday January 15<sup>th</sup>. There will be no live classes on this day. All classes will be pre-recorded videos.

Highlighted areas are changes to previous schedule

Updated on 1/8/2020



Fitness and Aquatic Centers

# Fitness Center & Swimming Pool Hours

## FITNESS CENTER

Monday - Sunday	Open 24/7, Between 6:00 AM – 5:30 PM: Reservation Needed
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## SWIMMING POOL & SPA

Monday - Friday	8:00 AM – 11:45 AM by Reservation Only
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	1:00 PM – 3:45 PM by Reservation Only
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Saturday & Sunday	8:00 AM – 11:45 AM by Reservation Only
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## Fitness Center & Aquatic Center Additional Rules & Restrictions

- Do not enter any of the fitness areas if you have any signs of sickness, fever, cough, weakness, or have any of the COVID-19 symptoms mentioned on the CDC website.
- A maximum of four (4) persons are allowed in aquatic center at any given time. A maximum of two (2) persons are allowed in the swimming pool and one (1) person is allowed in the spa at any given time. There is a 15 minute time limit for the spa. Reservations are required to be in the pool area. See schedule on the table next to the lifeguard to make a reservation.
- A maximum of two (2) persons are allowed in the fitness center and group exercise room at any given time. Please note a couple living together counts as two persons. Reservation needed for Fitness Center between 6:00 AM – 5:30 PM.
- If you arrive 10 or more minutes late to your appointment, your slot for that day will be available for others to use.
- Aids are allowed to be in the fitness & pool areas with their assigned resident for safety reasons and does not account for person maximums listed above.
- Locker rooms are open for bathroom use only. Only one (1) person is allowed in at any given time.
- Residents are welcome to come early to their appointment times if none of the above restrictions are violated. Walk-ins are allowed only if there is an open slot available.
- Masks are to be worn to and from all fitness areas (including on pool deck). Masks are to be worn in the fitness center when others are present. If you are participating in vigorous exercise and a mask cannot safely be worn, you may remove it if you maintain a six-foot distance from others. You should not wear your mask while swimming in the pool.
- Maintain proper distancing measures (6 feet) throughout the fitness areas and thoroughly wipe down any equipment used with the sanitizing wipes provided when finished.
- Please remember to cover your coughs and wash hands before and after use.
- Restrictions & rules are subject to change at any given time.