

**DALTON  
WELLNESS  
CENTER**

# April 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  
Room RSC= Front Doors of RSC  
GF= Group Fitness WR= Weight Room

**TUE**

**WED** APT 107= Apartment 107  
VG= Village Green TC= Tennis Courts

**THU** PL= Pool

**FRI** MR= Magnolia  
VT= Virgil's Trail

<p><b>07:30am</b> EnerG Strength @GF 45 min <b>09:15am</b> Cardio Fit @GF <b>10:00am</b> Nordic Walking@RSC <b>10:45am</b> Chair Yoga @3rd <b>11:00am</b> PD Warriors @GF <b>11:30am</b> 3rd Floor Fitness Fun @3<sup>rd</sup> floor TV Room <b>11:45am</b> Tai Chi @3<sup>rd</sup> <b>01:30pm</b> Line Dancing @GF <b>02:15pm</b> Advanced Balance @GF <b>03:00pm</b> Cardio Drumming @GF <b>05:00pm</b> Aqua Bootcamp @PL 30 min</p>	<p><b>07:30am</b> Morning Yoga @GF 30 min <b>08:30am</b> Rise and Stretch @3rd <b>09:15am</b> Monitored Swimming @PL <b>10:00am</b> Walking Club @RSC <b>11:00am</b> PD Warriors @GF <b>11:00am</b> Beginners Balance @LV <b>01:30pm</b> Brain Fitness @3rd <b>05:00pm</b> Gentle Stretches @GF 30 min</p>	<p><b>07:30am</b> Tai Chi @GF 30 min <b>08:30am</b> Rise and Stretch @3rd <b>09:15am</b> Cardio Fit @GF <b>10:00am</b> Welcome to Wellness @GF <b>11:00am</b> Advanced Balance @GF <b>11:30am</b> 3rd Floor Fitness Fun @3<sup>rd</sup> floor TV Room <b>11:45am</b> Beginner Balance @3rd <b>01:30pm</b> Line Dancing @GF <b>02:15pm</b> Tai Chi@GF <b>03:00pm</b> Cardio Kickboxing @GF <b>03:45pm</b> Aqua BootCamp @PL <b>05:00pm</b> PD Warriors @GF</p>	<p><b>07:30am</b> Cardio Kickboxing @GF 30 min <b>08:30am</b> Rise and Stretch @3rd <b>09:15am</b> Water Walking @PL <b>10:00am</b> Walking Club @RSC <b>11:00am</b> Recreation Station @GF <b>11:45am</b> Cardio Drumming @GF <b>01:30pm</b> Brain Fitness @3rd <b>02:15pm</b> Craft Time @3rd <b>2:30pm</b> PD Warriors @GF <b>3:00pm</b> Game Time@ 3rd floor</p>	<p><b>07:30am</b> EnerG Strength @GF 45 min <b>08:30am</b> Rise and Stretch @3rd <b>09:15am</b> Morning Yoga @3rd <b>10:00am</b> EnerG Circuit @3rd <b>11:00am</b> Cardio Kickboxing @GF <b>11:30am</b> 3<sup>rd</sup> Floor Fitness Fun @3<sup>rd</sup> floor TV Room <b>11:45am</b> Beginner Strength @GF <b>01:30pm</b> Line Dancing @3GF <b>02:15pm</b> Water Aerobics @PL <b>03:00pm</b> PD Warriors @GF <b>03:45pm</b> Cardio Drumming @GF</p>
--	--	---	--	--

*Weekly Wellness Schedule*