

**DALTON
WELLNESS
CENTER**

May 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



PRESBYTERIAN VILLAGE
a ministry of PRESBYTERIAN HOMES OF GEORGIA

MON **TUE** **WED** **THU** **FRI**
 LV= Lakeview Room 3rd= 3rd Floor APT 107= Apartment PL= Pool MR= Magnolia Room
 RSC= Front Doors of RSC VG= Village Green TC= Tennis Courts VT= Virgil's Trail GF=
 Group Fitness WR= Weight Room

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