

CLASS SCHEDULE



All group classes are available to all residents and led by an Empower Me Wellness therapist.

All ability levels are welcome to join our group classes!

MONDAY

10:45am Standing Balance   
Location: Assisted Living, Fitness Center (2nd Floor)

1:00pm Seated Yoga    
Location: Connections for Living, Living Room

TUESDAY

10:45am Postural Exercises   
Location: Assisted Living, Fitness Center (2nd Floor)

WEDNESDAY

10:45am Upper Body Fitness  
Location: Assisted Living, Fitness Center (2nd Floor)

1:00pm Upper Body Fitness  
Location: Connections for Living, Living Room

THURSDAY

1:00pm Lower Body Fitness  
Location: Assisted Living, Fitness Center (2nd Floor)

FRIDAY

10:45am Chair Yoga    
Location: Assisted Living, Fitness Center (2nd Floor)

1:00pm Lower Body Exercises  
Location: Connections for Living, Living Room



Cardiovascular



Strength



Flexibility & Range of Motion



Balance and Fall Prevention



Almond
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