



Watkins Wellness Center

February 2019

Land Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low Impact Seated <i>Brookview</i></p> <p>10 am <i>Residents</i></p>	<p>Low Impact Seated <i>Brookview</i></p> <p>10 am <i>Residents</i></p>	<p>YOGA Watkins Wellness Suite 7:45am-8:45am</p> <p>Low Impact Seated <i>Brookview</i></p> <p>10 am <i>Residents</i></p>	<p>Low Impact Seated <i>Brookview</i></p> <p>10 am <i>Residents</i></p>	<p>Low Impact Seated <i>Brookview</i></p> <p>10 am <i>Residents</i></p>
<p>Open Gym 11-12 pm</p> <p>Courts Conditioning <i>Watkins Wellness Suite</i></p> <p>3:00 pm <i>Members and Residents</i></p>		<p>Open Gym 11-12 pm</p> <p>Courts Conditioning <i>Watkins Wellness Suite</i></p> <p>3:00 pm <i>Members and Residents</i></p>	<p>Seated YOGA Watkins Wellness Suite 10:00 am <i>Members and Residents</i></p> <p>Brookview Strength <i>Brookview</i> 3:00 pm <i>Residents</i></p>	<p>Open Gym 11-12 pm</p> <p>Courts Conditioning <i>Watkins Wellness Suite</i></p> <p>3:00 pm <i>Members and Residents</i></p>

Open Gym Hours: Monday - Friday: 9 AM – 5 PM

Everyone's welcome at the best kept secret in Farmville!

Open Gym

Looking for a space to use to perform exercises by yourself or with a partner? Also try scheduling a one-on-one personal training session with our certified trainers. Open gym times are available to those wishing to add a personal touch to their wellness goals. Open to residents, members and employees of the Woodland.

Courts Conditioning – Wellness Suite (Members and Residents)

The Courts Conditioning is a newly formed low impact chair exercise class experience, specifically designed for residents of The Courts Apartments to meet the growing demand for functional exercises. Designed to build strength and develop core muscles using balls, weights, bands and your own body weight, Low Impact Seated is perfect for the beginner, or those looking to maintain general function.

Low Impact Seated – Brookview (Members and Residents)

Low Impact Seated is a chair based exercise course designed for those with mobility and stability issues. Designed to build strength and develop core muscles using balls, weights, bands and your own body weight, Low Impact Seated is perfect for the beginner, or those looking to maintain general function.

Seated Yoga- Wellness Suite (Members and Residents)

Seated Yoga is a chair based form of Yoga designed to focus on the practice of meditation and stretching. This class would be beneficial for both beginners and those already practicing the art of Yoga.

Brookview Strength- Brookview (Residents)

The Brookview Strength seated class is designed for residents to improve strength, day to day functional and physical activities. In this class, participants will be required to use dumbbells, foam balls, and other strengthening equipment. The class involves following the instructor through a variety of exercises.

Balance for Courts (Residents)

Balance for Courts is being presented as a standing and seated class for participants. Balance exercise, is one of the four types of exercise along with strength, endurance, and flexibility. All four types of exercises will be included.

Watkins Wellness Center
2003 Cobb Street
Farmville, VA 23901
434.392.6106 ext. 333
www.thewoodlandinc.com