King's Grant Wellness Center
2018 Fitness Schedule

MONDAY

8:30-9:00 Body Sculpting
9:00-9:20 Gentle Tai Chi
9:30-10:00 Water Exercise
10:00-10:30 Water Volleyball
10:30-11:00 Gentle Water Toning
1:45 -3:45 Open Pool

TUESDAY

8:30– 8:55 Exercise & Games 4 Life
8:55-9:20 Gentle Stretching
10:00-10:35 Chair Fitness
10:35-10:45 Chair Stretching
1:45-3:45 Open Pool

WEDNESDAY

8:30-9:00 Cross Fit
9:00-9:10 Light Stretching
9:30-10:00 Water Exercise
10:00-10:30 Water Volleyball
10:30– 11:00 Gentle Water Toning
1:45-3:45 Open Pool

THURSDAY

8:30– 8:55 Exercise & Games 4 Life
8:55-9:20 Gentle Stretching
10:00-10:35 Chair Fitness
10:35-10:45 Chair Stretching
1:45-3:45 Open Pool

FRIDAY

8:30-9:00 Body Sculpting
9:00-9:20 Gentle Tai Chi
9:30-10:00 Water Exercise
10:00-10:30 Water Volleyball
10:30-11:00 Gentle Water Toning
1:00-1:45 Noodle Ball
1:45-3:45 Open Pool

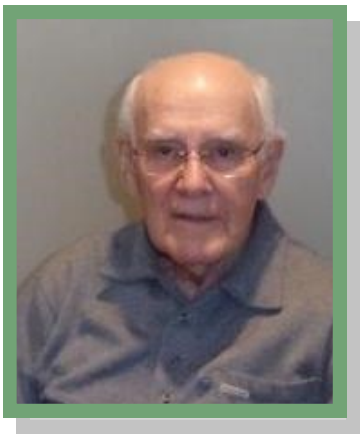
SATURDAY
POOL HOURS

9:00—12:45 Open Pool

Certified Lifeguard on Duty

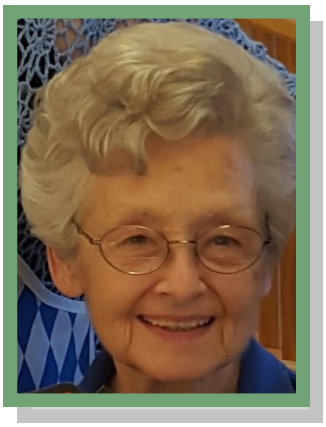
Margie Price-Savedge
Wellness Director
350 King's Way Road
(276) 634-1200

Spotlight On: Over 8,857,966 million steps recorded!



Don Howe

989,282 Steps



Nancy Brown

400,191 Steps

Spring Billiards Tournament Winner :

Claude Swanson

Alzheimer's Support Group Meeting

Thursday, May 31st
3 pm - Main Conference Room

This meeting is for any family member or support person in King's Grant and surrounding Martinsville—Henry County community

Future Dates:

6/28, 7/26, 8/30, 9/27, 10/25, 11/29, 12/27

Mahjong in Motion at Francks' Place

Congratulations to the Employee of the Month!

Jamie Turner
Events &Marketing
3 years