

AMO Living Well

Health & Wellness Activities

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Cross-Training (4:30 PM) Bracco Building	30 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	31 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	1 YOGA (4:30 PM) Bracco Building	2	3
4	5 Cross-Training (4:30 PM) Bracco Building	6 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	7 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	8 YOGA (4:30 PM) Bracco Building	9	10
11	12 <i>AMO Plans Closed In Observance of Veterans Day</i> 	13 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	14 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	15 YOGA (4:30 PM) Bracco Building	16	17
18	19 Cross-Training (4:30 PM) Bracco Building	20 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	21 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	22 <i>AMO Plans Closed In Observance of Thanksgiving Day</i>	23 <i>AMO Plans Closed In Observance Of the Day after Thanksgiving</i>	24
25	26 Cross-Training (4:30 PM) Bracco Building	27 Nutrition Class 1:00pm (Wellness CTR) YOGA (4:30 PM) Bracco Building	28 Cooking Class Student Pool (1:30 PM) Cross Training (4:30 PM) Bracco Building	29 YOGA (4:30 PM) Bracco Building	30	

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Fitness

- **CROSS-TRAINING: Mon & Wed 4:30-5:30 pm (Bracco)** Cross-training targets the major components of physical fitness: cardiorespiratory, stamina, muscular strength and endurance, flexibility, power, speed, agility, balance, coordination, and accuracy. It is a fitness program tailored to fit the needs of any individual, no matter what fitness level, from law enforcement officers to couch potatoes and everything in-between. **Jamileth Zurita** is an AMO Plans employee, working in the IT department. She is also a certified Crossfit Trainer. Jami understands the challenges of getting your body into shape and finding the time to exercise while juggling a family and work schedule. She believes in quality over quantity, and enforces a safe workout environment with emphasis on proper form in order to prevent injuries.
- **YOGA: Tue & Thu 4:30-6:00 pm (Bracco)**. Many people think yoga is just stretching. While stretching is certainly involved, yoga is really about creating balance in the body and mind through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits. Please join yoga instructor **Russell Mamorsky, LMT, RYT** as he helps you achieve unity of body and mind through a uniquely designed series of inspiring yogic postures. More info: russell@yogapeutix.com

Classes

- **NUTRITION CLASS: Tuesday 1:00 pm (Wellness Center)** Improve your overall health and Increase your energy by learning about the science of nutrition. Meet with **Alison Escalante** our registered Dietitian and discuss various topics that fit into your life style; topics include creating a healthy plate-food combing and burning fat.
- **COOKING CLASS: Wednesday 1:30-2:30 pm (Student Pool)**. If you have never met **Chef Shannon Agor** and her amazing kitchen staff, then please join us poolside to learn a new cooking recipe, eat, and have a few laughs. By using fresh ingredients and an easy-to-follow recipe, even the most novice cooks can create a healthy and delicious appetizer, side dish, or dessert. Shannon is the Executive Chef/Culinary Operations of AMO Plans; as well as furthering studies in Nutrition Science in pursuit of her Registered Dietician's License. She truly loves her work and is passionate about healthy lifestyles and eating. Much of her free time is devoted to discovering eating choices that make bodies happy and healthy but can also satisfy people's sweet tooth. Her words of food wisdom are "Eat well in small portions and enjoy everything!"