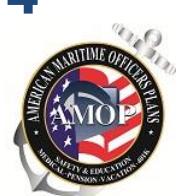


AMO Living Well

Health & Wellness Activities

April 2019

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

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Health & Wellness Activities

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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. **Alison Escalante** is the AMO Plans Registered Dietitian who runs the Health & Wellness program. She is also a certified Personal Trainer & Fitness Instructor. Alison 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. *More info: AEscalante@amoplans.com or call: 800-249-8200 Ext: 7305*
- **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

- **COOKING CLASS: Wednesday 1:30-2:30 pm (Bracco)**. 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!"
- **NUTRITION CLASS: Tuesday 1:00-2:00 pm (Wellness Center)**. Nutrition class is designed to educate you on the best ways to improve overall wellness, increase energy, speed up weight-loss, create new habits, and give you the TOOLS for lasting success. **Alison Escalante**, AMO Plans Registered Dietitian, has a passion for helping others reach their goals. Bring your questions and come join the discussion! *More info: AEscalante@amoplans.com or call: 800-249-8200 Ext: 7305*