

# WELLNESS PROGRAMS

THE LODGE AT CANDLER HILLS

  
**World Class**  
*Active* **Aging**  
  
ON TOP OF THE WORLD

## MONDAY

9 AM - Chair Pilates (Live-Stream)

10 AM - Chair Yoga (Live-Stream)

## TUESDAY

10 AM - From the Top Line  
Dance Class\*

## WEDNESDAY

9 AM - Total Body Exercise  
Class (Live Instructor - Bring Loop Bands)

10 AM - Chair Volleyball

\*Resident Led



The Lodge  
at Candler Hills