

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