

WELLNESS PROGRAMS

THE LODGE AT CANDLER HILLS



ON TOP OF THE WORLD



MONDAY

9 AM - Chair Pilates (Live-Stream)

10 AM - Chair Yoga (Live-Stream)

TUESDAY

9:30 AM - Water Aerobics (Audio Led Class)

10 AM - From the Top Line Dance Class*

WEDNESDAY

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

10 AM - Chair Volleyball

THURSDAY

9:30 AM - Water Aerobics (Audio-led Class)

FRIDAY

9 AM - Mat Yoga (Live Instructor - Bring Yoga Mat)

*Resident Led



The Lodge
at Candler Hills