

Lifestyle Department

Lifestyle Events

The Carolina Preserve Lifestyle Department hosts several events throughout the year for the entire community. We enjoy bringing fun, entertainment and fascinating topics to all CP residents. The best way to stay up to date on the upcoming events is by checking the community calendar (See Quick Links), Lifestyle Newsletter, visiting Bradford Hall’s scrolling screens, or by checking out the great posters on the bulletin boards. Another way to sign up for a Lifestyle Event is to go to the Front Desk of Bradford Hall to register. Payment is due at the time of registration. Checks, Cash, and Credit Cards are accepted. Event registration is first come, first serve.

Ticket Tuesday

“Ticket Tuesdays” take place every week in the Lobby of Bradford Hall 10am until 12pm. Residents can buy tickets to Lifestyle events live and in person!

Group Fitness Classes

Group Fitness passes can be purchased at the Front Desk of Bradford Hall. You may take each class ONCE for free. 1 pass costs \$5; 10 passes for \$40; 20 passes are \$70. All checks to the HOA are made out to CP HOA.

For any updated information go to the CP Website (www.cpamberly.net). On the blue ribbon, click **Lifestyle** and scroll down to **Group Wellness Classes**.

Carolina Preserve BRADFORD HALL GROUP EXERCISE SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9AM Mat Pilates 9-9:45AM Chair Exercise 9-10AM Aqua Fitness	9-10AM Cardio Strength 10-10:50AM Aqua Strength	8:45-9:45AM Gentle Chair Yoga 9-10AM Aqua High Intensity 4:00-4:45PM QiGong	9-10AM Jazzercise 10-10:50AM Aqua Strength 4-5PM Yoga	9-10AM Cardio Strength 9-10AM Aqua Fitness 10:15-11AM Chair Exercise	8:15-9:15AM Gentle Flow Yoga 9:30-10:30AM Zumba