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WELLNESS CENTER

Pool Schedule-1st Quarter January 14—March 29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
8:00	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge	Aqua Challenge
9:00	Silver Splash	Silver Splash	Silver Splash	Silver Splash	Silver Splash
10:00	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics	Light Aerobics
11:00	Jointly Speaking	Arthritis	Jointly Speaking	Arthritis	Jointly Speaking
12:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
1:00	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics
2:00	Water Workout	Arthritis	Water Workout	Arthritis	Water Workout
3:00	Open Pool	Open Pool	Open Pool	Open Pool	Open Pool
4:00	Strength & Flexibility	Open Pool	Strength & Flexibility	Open Pool	Close at 4:30
5:00	Light Aerobics	Water Workout	Light Aerobics	Water Workout	XX
6:00	Open Pool	Open Pool	Open Pool	Open Pool	XX
7:00	Jointly Speaking	Open Pool	Jointly Speaking	Open Pool	XX

Fitness Room Exercise

Class attendance in the Aerobic Room is limited to 20 participants.

Low Impact/Lower Intensity

- Silver Sneakers Classic Mon, Wed, Fri 10:15a-11:00a
- Yoga Stretch Fri 11:05a-12:00p
Tues, Thurs 6:00p-6:55p
- Lite Aerobics/Stretch & Relax Mon, Wed 11:05a-12:00p
- Lite Dance Aerobics Tues, Thurs 10:00a-10:55a
- Strength & Balance Tues, Thurs 9:00a-9:55a
- Dance Aerobic Tue, Thurs 11:05a-12:00p
- Chair Boxing Tue, Thurs 2:30p

Impact/Higher Intensity

- Pilates Fit Mon, Wed, Fri 9:05a-10:00a
- Aerobics/Tone it up Tues, Thurs 7:00p-7:45p
- Moves & Muscles Fri 8:00a-9:00a
- Kickboxing Tues, Thurs 3:00p-4:00p
- Zumba Step/Toning Mon, Wed, Fri 8:00a-9:00a
- Zumba Tues, Thurs 6:15p-7:00p
- Pound Fit Tues, Thurs 5:30p-6:15p
- Spin with Jen Mon, Wed 5:00p-5:45p

Orientations by appointment only

WELLNESS CENTER HOURS

Monday-Thursday 7:00a—8:00p
Friday 7:00a—4:30p

Welcome AARP Medicare Supplement Program Members

As the New Year started some changes came about in our Medicare supplement programs. Optum Fitness Advantage is now called Renew Active. A new program started called AARP Medicare Supplement. When you visit the Wellness Center please find the program clip board on the counter in the fitness room. If you have one of these insurance programs or Silver&Fit please be sure you are checking the dates you are here on the appropriate clip board. That is our only way of tracking visits. There is a separate clip board for each program. If your name is not already on the list please add it and mark the

appropriate date for your visit. If you scan your SilverSneakers card and the screen appears with an orange colored notice, your insurance provider may have switched to one of the other programs. You will need to contact your insurance company to see what they offer. Please be patient as we all learn the new procedures for these programs. Thank you for being a part of our Wellness Center. Our members are the heartbeat of our facility.



Pool Sign-Up for 2nd Quarter, (April 1, 2019 - June 28) starts **Monday, March 25**. Please pick up registration slips at the front desk prior to sign up. Be sure all medical and waiver paperwork is up-to-date through June.