

**WELLNESS CENTER**

Pool Schedule – 1st Quarter Jan. 13—Mar 27

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	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	Joints In Motion	Arthritis	Joints In Motion	Arthritis	Joints in Motion
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 Deep Water	Water Workout	Arthritis Deep Water	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

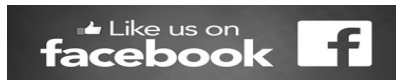
SilverSneakers Classic	Mon, Wed, Fri 10:15a-11:00a
Yoga Stretch	Fri 11:05a-12:00p Tues, Thurs 6:00p-6:55p
Chair Yoga	Tues, Thurs 10:00a-10:45a
Zumba Gold	Mon, Wed 11:05a-11:50a
Lite Dance Aerobics (chair assist)	Tues, Thurs 10:00a-10:55a
Floor, Core & More	Tues, Thurs 9:00a-9:55a
Dance Aerobic	Tue, Thurs 11:05a-12:00p
Rock Steady Boxing (Parkinson's Disease)	Mon, Wed 10:00a-10:55a

Impact/Higher Intensity

Barre Fit	Mon, Wed 6:00p-6:55p
Pilates Fit	Mon, Wed, Fri
Piloxing	9:05a-10:00a Mon, Wed 6:00p-6:55p
Aerobics/Tone it up	Tues, Thurs 7:00p-7:45p
Moves & Muscles	Fri 8:00a-9:00a
Zumba Step/Toning	Mon, Wed, Fri 8:00a-9:00a
Zumba	Tues, Thurs 6:00p-7:00p
Pound Fit	Tues, Thurs 5:15p-6:00p
Early Riser Spin	Mon, Wed 5:15a-6:15a
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



**Fit Tip**

We had a very productive January shutdown with many improvements. We installed a new filter in our freshly painted pool. The aerobic room was painted and mirrors were added to help you watch that form! We now have lockers available in the fitness center hallway. You may use these daily but please bring your own lock to keep your belongings secure. Wall mounted fans have been added to the equipment room to assist with airflow. It is no

longer necessary to get on the floor to get a good stretch. Take advantage of our new stretching bench. Thank you for your understanding as we continue to improve and maintain our facility. We want to provide an enjoyable experience for our members.

♥February is National Heart Health Awareness month. Managing stress can play an important role in heart health. Stress can lead to an increase in the “fight or flight” hormones and inflammation, leading to plaque in the arteries. Maintaining healthy relationships as well as learning to manage stress levels can help keep a strong healthy heart. At LPR Health and Fitness Center we offer many classes to connect the mind, body, and spirit. Exercise in general is a good stress reliever. Happy Heart Health Month, take a deep breath and SMILE!