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S**WELLNESS CENTER**

Pool Schedule-Winter II Session January 14—March 8

	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	Positive Mobility	Water Workout	Positive Mobility	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

HAPPY NEW YEAR from all of us in the Wellness Center. This beginning of the year starts us all thinking about making changes for the year ahead improving different areas of our lives. One that gets a lot of attention is health and wellness. We offer many programs in the Wellness Center to get you started on a happier healthier you. Introducing a new class **Chair Boxing** will be offered at 2:30p on Tuesday and Thursday. This class is suitable for those with limited mobility that wish to improve focus and movement. This class will be **free** to any member with wellness papers up to date. The class will begin January 8. Those new to exercise or with limited mobility will enjoy this class. Come join

Jamey and give it a try!

♥Members with Silver Sneakers, Optum Fitness Advantage, or Silver & Fit please make sure you are going into the fitness center every day you participate in a wellness center activity to scan your Silver Sneakers card or to mark the date on the Optum Fitness Advantage or Silver & Fit sheet. If you have any questions please see a staff member and we will be happy to help. As we continue to grow please be sure to look out for new classes, new equipment, and new programs to enhance and support your health and wellness goals.

Pool Sign-Up for Winter II Session, (January 14 - March 8) starts

Monday, January 7. 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 March.