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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

March is National Nutrition Month

Let's try some small changes to improve the nutrition in our diets. Small changes over time can lead to lasting benefits. First when planning a meal think about eating a rainbow. Your plate should be colorful containing multiple colors of fruits and vegetables. Try substituting healthy fats in low fat plain yogurt instead of sour cream. Instead of oils, shortening, or lard use Nonstick cooking spray for stir-frying or sautéing or as a substitute for oil or butter, use applesauce or prune puree in baked goods. For a snack try popcorn (air-popped or light microwave), fruits, and vegetables instead of chips, nuts or other snack foods. Desserts

should be a special treat not part of your everyday meal plan. On occasion instead of ice cream, e.g., cones or bars try frozen yogurt, frozen fruit or chocolate pudding bars.



Please abide with us as we continue to expand and grow in the wellness center over the next few months. We will be making some exciting changes and adding classes and equipment to improve the Wellness Center. Stay tuned!

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.