

**WELLNESS CENTER**

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

**W  
A  
T  
E  
R  
  
C  
L  
A  
S  
S**

	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

- Silver Sneakers 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  
Mon, Wed, Fri 9:05a-10:00a
- Pilates Fit 10:00a
- Piloxing 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 9:00a
- Zumba Mon, Wed, Fri 8:00a-9:00a  
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

weight loss is a combined approach of healthier eating along with exercise. Let's look at how much you can eat of some favorite foods with that 100 calories.  
 Strawberries 2 cups = 96 calories  
 String cheese 1 piece = 80 calories  
 Orange 1 whole = 60 calories  
 Egg 1 Hard boiled = 73 calories  
 Oreos 2 original = 106 calories  
 Snickers 2 mini bars = 84 calories  
 Pepsi 1 can = 150 calories  
 Orange juice 1 cup = 112 calories  
 Next time you are grabbing for a snack think about that mile. Making some healthier choices can help create that calorie deficit needed to win the battle without having to walk to the moon.

**Fit Tip**

March is National Nutrition Month. With so many trying to fight the battle of the bulge and lose weight, let's look at the importance of nutrition. Losing weight is a simple mathematical equation: calories in need to be less than calories out. 3,500 calories = 1 pound which means you will need to burn off 3,500 more calories than you eat to lose 1 pound. Walking a mile burns approximately 100 calories. The most effective approach to

Pool Sign-Up for 2nd Quarter, (March 30 - June 26) starts **Monday, March 23**. 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.

