

**WELLNESS CENTER**

Pool Schedule-Winter Session October 22—December 14

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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	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	Pump & Jump	Strength & Flexibility	Pump & Jump	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

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

**Steps to stay Healthy this Fall**

**Fall prevention**

The Fall season is upon us not only outside but this increase risk of falling down and it's a great reminder to take steps for preventing falls! As the weather gets colder the chances of icy surfaces increases. We offer many different classes that practice balance and help increase muscle strength to prevent falling.

**Staying well**

Don't forget to check with your doctor if you haven't already had a flu shot. The cooler weather brings us inside where the likelihood of being exposed to the flu virus increases. If you are sick limit your contact with other people. Also practice good hygiene such as coughing and sneezing into your

elbow and good handwashing procedures.

**Home safety**

Fall is also the time to replace the batteries in your smoke detectors and carbon monoxide detectors. Just a few minutes to change batteries and test your detectors could save a life!

**80 + Birthday Party  
Guest of Honor**

**Lillian Rockwell  
102 Years Young!**

