



Fitness and Aquatic Centers

Group Exercise Weekly Schedule

| MONDAY | | | |
|------------------|-----------------------|--------------|--------------------------------|
| 10:00 – 10:45 AM | Strength & Stretching | Ryan | Group Exercise Room |
| 1:00 – 2:00 PM | Wii Bowling | Ryan/Mikaila | Terraces 6 th Floor |
| 2:00 – 2:45 PM | Tai Chi | Claudia | Group Exercise Room |
| 3:00 – 3:20 PM | 20 Minute Balance | Ryan | Group Exercise Room |

| TUESDAY | | | |
|------------------|---------------------------|-------|---------------------|
| 9:00 – 9:45 AM | Circuit Training | Ryan | Group Exercise Room |
| 10:00 – 10:30 AM | Better Balance w/ Tai Chi | David | Group Exercise Room |
| 10:30 – 11:00 AM | Aqua Fit | Ryan | Swimming Pool |

| WEDNESDAY | | | |
|------------------|--|--------------|--------------------------------|
| 9:00 – 9:30 AM | Hall Walking Club | Residents | Coffee Lounge |
| 10:00 – 10:45 AM | Strength & Stretching | Ryan | Group Exercise Room |
| 11:15 – 11:45 AM | Zumba (1 st & 3 rd Wednesdays) | Helena | Group Exercise Room |
| 1:00 – 2:00 PM | Wii Bowling | Ryan/Mikaila | Terraces 6 th Floor |
| 3:00 – 3:20 PM | 20 Minute Balance | Ryan | Group Exercise Room |

| THURSDAY | | | |
|------------------|---------------------|----------------|---------------------|
| 9:00 – 9:35 AM | Balance & Stability | Ryan | Group Exercise Room |
| 10:30 – 11:00 AM | Aqua Sculpt | Ryan | Swimming Pool |
| 11:00 – 11:45 PM | Yoga | Jenny/Mary Ann | Group Exercise Room |
| 1:15 – 1:45 PM | Drums Alive | Emily | Group Exercise Room |

| FRIDAY | | | |
|------------------|-----------------------|----------|---------------------|
| 10:00 – 10:45 AM | Strength & Stretching | Ryan | Group Exercise Room |
| 10:00 – 10:30 AM | Fluid Flexibility | Rosemary | Swimming Pool |
| 3:00 – 3:20 PM | 20 Minute Balance | Ryan | Group Exercise Room |

Schedule Changes

- Rosemary's fluid flexibility class is back on for Fridays at 10:00 AM beginning September 6th.
- Tai Chi with Claudia will resume on Monday, September 9th at 2:00 PM.
- Wii Bowling will only be on Mondays & Wednesdays from 1:00-2:00 PM.
- Ryan's classes will be CANCELED on the following dates: September 23rd (U.S. Naval Academy Tour & Lunch), September 27th (Strength & Stretching only).

Note: **Highlighted** areas are changes to previous schedules

Revised on 8/30/2019



Stroh Hall, Eden Place, Southerly Place, & Hoerichs Hall Group
W e l l n e s s W o r k o u t W e e k l y S c h e d u l e

MONDAY

| | | | |
|------------------|-------------------------|------|-----------------|
| 11:00 – 11:40 AM | Seated Wellness Workout | Ryan | Southerly Place |
| 2:00 – 2:30 PM | Seated Wellness Workout | Ryan | Eden Place |

TUESDAY

| | | | |
|------------------|-------------------------|------|---------------|
| 10:00 – 10:20 AM | Seated Wellness Workout | Ryan | Stroh Hall |
| 11:15 – 11:45 | Seated Wellness Workout | Ryan | Hoerichs Hall |

WEDNESDAY

| | | | |
|------------------|-------------------------|------|-----------------|
| 11:00 – 11:40 AM | Seated Wellness Workout | Ryan | Southerly Place |
| 2:00 – 2:30 PM | Seated Wellness Workout | Ryan | Eden Place |

THURSDAY

| | | | |
|------------------|-------------------------|------|------------|
| 10:00 - 10:20 AM | Seated Wellness Workout | Ryan | Stroh Hall |
|------------------|-------------------------|------|------------|

FRIDAY

| | | | |
|------------------|-------------------------|------|-----------------|
| 11:00 – 11:40 AM | Seated Wellness Workout | Ryan | Southerly Place |
|------------------|-------------------------|------|-----------------|