



Fitness and Aquatic Centers
March 2020

Group Exercise Weekly Schedule

MONDAY

10:00 – 10:45 AM	Strength & Stretching	Ryan	Auditorium
1:00 – 2:00 PM	Wii Bowling	Ryan	Terraces 6 th Floor
1:15 – 2:00 PM	Strong & Fit	Vicki	Group Exercise Room
2:00 – 3:00 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 Gold (1 st & 3 rd Wednesday)	Helena	Group Exercise Room
1:00 – 2:00 PM	Wii Bowling	Ryan	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
1:30 – 2:00 PM	Drums Alive	Emily	Group Exercise Room

FRIDAY

10:00 – 10:45 AM	Strength & Stretching	Ryan	Auditorium
9:30 – 10:15 AM	Fluid Flexibility	Rosemary	Swimming Pool
3:00 – 3:20 PM	20 Minute Balance	Ryan	Group Exercise Room

Schedule Changes/Updates

- Zumba Gold with Helena is back on the schedule beginning on March 4th from 11:15 – 11:45 AM. She will be back to teaching the 1st and 3rd Wednesdays of every month.
- Emily, Drums Alive instructor will be on vacation the first week of March. All of her Drums Alive classes are canceled on Thursday, March 5th.
- Strength & Stretching will still remain in the auditorium on Mondays and Fridays. Ryan will make announcements in advance on class location changes.
- Ryan's classes will be canceled on Tuesday, March 26th due to the Ma & Pa Trail hike.

*All highlighted areas are changes to previous

Revised on 2/28/2020



Stroh Hall, Eden Place, Southerly Place, & Hoerich's Hall
March 2020

Group Exercise Weekly Schedule

MONDAY			
10:00 – 10:30 AM	Seated Yoga	Mo	Hoerich's Hall
10:35 – 11:05 AM	Seated Yoga	Mo	Stroh Hall
11:00 – 11:20 AM	Wellness Workout	Ryan	Southerly Place
11:30 – 12:20 AM	Seated Yoga	Mo	Southerly Place
2:00 – 2:30 PM	Seated Wellness Workout	Ryan	Eden Place

TUESDAY			
10:00 – 10:30 AM	Seated Wellness Workout	Ryan	Stroh Hall

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

THURSDAY			
10:00 - 10:30 AM	Seated Wellness Workout	Ryan	Stroh Hall
11:15 – 11:45 AM	Seated Wellness Workout	Ryan	Hoerich's Hall
2:15 – 2:45 PM	Drums Alive	Emily	Hoerich's Hall

FRIDAY			
10:30 – 11:00 AM	Zumba (1 st & 3 rd Friday)	Jocelyn	Hoerich's Hall
11:00 – 11:30 AM	Zumba (1 st & 3 rd Friday)	Jocelyn	Stroh Hall
11:00 – 11:40 AM	Wellness Workout	Ryan	Southerly Place