



*Fitness and Aquatic Centers  
Monthly Wellness Schedule  
September 2022*

*Monday*

9:45 AM	Strength & Stretch	Amy	AUD/971/YouTube
10:30 AM	Walking Club	Amy	Lobby
11:00 AM	Tai Chi w/Eric via Zoom**	Eric	Check email for invite
2:00 PM	Wellness Workout	Amy	Fitness Studio

*Tuesday*

9:45 AM	Morning Stretch	Amy	Fitness Studio
2:00 PM	Balance Training	Amy	Fitness Studio

*Wednesday*

9:45 AM	Strength & Stretch	Amy	AUD/971/YouTube
10:45AM	Aqua Exercise	Helena/Phyllis	Pool
2:00 PM	Seated Boxing	Amy	Fitness Studio

*Thursday*

10:30 AM	Seated Yoga	Mary Ann/Jenny	Fitness Studio
2:00 PM	Seated Zumba Gold	Amy	Fitness Studio

*Friday*

9:45 AM	Strength & Stretch	Amy	AUD/971/YouTube
10:45 AM	Aqua Exercise	Amy	Pool
2:00 PM	Balance Training	Amy	Fitness Studio

*Saturday*

11:00 AM	Dance for PD***	Patricia	Fitness Studio
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## *Healthcare Units*

### *Tuesday/Thursday*

10:00 AM	Seated Zumba Gold	Amy	Hoerich
10:30 AM	Seated Zumba Gold	Amy	Stroh
11:15 AM	Strength & Stretch	Amy	Southerly

**\*\*Eric Johnson will return to Zoom on Monday, Sept. 19<sup>th</sup>.**

**\*\*\*Dance for PD (Parkinson's Disease) will be begin on Saturday, Sept. 10<sup>th</sup>.**

### *Fitness Center Hours of Operation*

*24/7*

### *Aquatic Center Hours of Operation*

*Monday-Friday*

*8:00AM-12:00PM/1:00PM-4:00PM*

*Saturday & Sunday*

*8:00AM-12:00PM*

*Guests must sign a waiver.*

*Wellness schedule is subject to change at any time.*