



*Fitness and Aquatic Centers
Monthly Wellness Schedule
November 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	Amy/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	Stroh Hall
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Healthcare Units

Tuesday/Thursday

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

*****Dance for PD (Parkinson's Disease) will be held every Saturday.
Registration is not required. Class is open to everyone.**

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.