



wellness group fitness schedule

Land Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:30am	Boot Camp		Boot Camp		Boot Camp
7:25-8:25am	Aerobic Strength		Aerobic Strength		Hard-Core Core
7:25-8:25am					Pilates (in Conf Rm)
8:30-9:30am		Power Hour		Power Hour	
9:00-10:00am	Sit to be Fit		Sit to be Fit		Sit to be Fit
10:00-11:00am	Shape Up with Shannon		Shape Up with Shannon		Shape Up with Shannon
11:00-Noon	Triathlon Training				
12:15pm	Pilates			Pilates	
2:30-3:30pm		Sit to be Fit		Sit to be Fit	
5:30-6:30pm	Spin & Sculpt		Spin & Sculpt		

Schedule & Class Offerings are subject to change based on instructor availability & class attendance.

Aquatic Classes

8:00-8:45am	W.W. Endurance		W.W. Endurance		W.W. Endurance
8:30-9:30am	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout	H ₂ O Workout
9:30-10:30am	Arthritis Therapy	Arthritis Therapy	Arthritis Therapy	Arthritis Therapy	Arthritis Therapy
11:00-Noon		Masters/Tri Swim		Masters/Tri Swim	

Warm Water Endurance & Arthritis Therapy classes are held in the Therapy Pool. The Therapy Pool is reserved for Physical Therapy MWF 1-3pm & TTH 11-noon. The Fitness Pool will be closed from 4-5pm for swim team practice. Also, one lane will be closed from 5:30-6:30pm for youth swim class on Mondays, Tuesdays & Thursdays.



1/3 AROUND THE CORNER!
SIGN UP FOR
SWIM LESSONS
AT THE FRONT DESK!

Yoga NEW LOCATION:
MS. RHONDA'S STUDIO
Tu/Th 8:45-10am
Instructor: Julie Roseberry

Wellness Center Hours

Monday - Friday • 5:30am-8:00pm
Saturday • 7:00am-noon
Sunday • 2:00pm-5:00pm

Childcare Hours

Monday - Friday • 8:30am-9:30am
Mon, Tu, Thur • 11:00am-noon
Mon - Wed • 5:00pm-7:00pm
Saturday • 8:00am-11:00am

FREE Equipment Orientation for every member!

Sign up to learn how to use our great cardiovascular & strength training equipment!

997-1355

The Wellness Center