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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2012 Wellness Center Schedule | **Wellness Center Location**  Pool-P  Fitness Room- FR  Exercise Room-ER  Hahnemann Club-HC  Meditation Room-MR | 1.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 2.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 3.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 4.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 5.  10:30-11:30  Tai Chi-  FR |
| 6. | 7.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 8.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR  1-1:30-Walking Club-Meet in Wellness Center | 9.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 10.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 11.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 12.  10:30-11:30  Tai Chi-  FR |
| 13. | 14.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 15.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 16.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 17.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 18.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 19.  10:30-11:30  Tai Chi-  FR |
| 20. | 21.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 22.  **No Water Fitness Class**  10:30-12- Circuit Training- **On your Own-ER**  11-12-Fitness Video-FR | 23.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 24.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 25.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  **NO Open Swim today** | 26.  10:30-11:30  Tai Chi-  FR |
| 27.  **August 2017 Health & Wellness Schedule** | 28.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 29.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR  1-1:30-Walking Club-Meet in the Wellness Ctr. | 30.  9:00-9:45- Fitness Class- HC  10:15-11:15-Fitness Class- FR  1-2 Open Swim-P | 31.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | **See the back of this calendar for descriptions of each class offered.**  **All Programs are subject to change!** |  |

**Wellness Center Class Descriptions**

**Fitness Class**- In this class we use weights, resistance bands and balls, and can be done either standing or seated. The goal of the class is to increase strength and endurance. The class is taught in a whimsical atmosphere with music.

**Monday, Wednesday, Friday 9:00-9:45 AM Hahnemann Club 10:15-11:15 AM Fitness Room**

**Open Swim**- Come and take a swim, use the water treadmill, or do some water exercises.  **Monday, Wednesday, Friday - 1:00-2:00 PM Pool**

**Tai Chi-** Each class begins with a sitting qigong designed to foster tranquility and promote healthy breathing. We then do standing and moving practices including Evidence-Based Qigong (Dr. Yang’s form). Greeting each other and warming up in the style of Dr. Lam, we then move into the taiji postures. Finally we close with more sitting qigong to release toxins and increase energy. These methods can be done by anyone regardless of physical skill level, and all can be performed seated.

**Instructed by Dr. Kathy Gill Saturdays 10:30am-11:30am Fitness Room**

**Water Fitness**- A fun water workout with a number of different movements aimed at increasing flexibility, strength and cardiovascular fitness.  **Tuesday & Thursday 9:00-9:45 AM in the Pool**

**Circuit Training-** This is an open session, come down to the fitness room and go through the exercise machines with the confidence of knowing there is someone there to assist you!  **Wellness Coach- Robin Gallagher Tuesdays & Thursdays 10:30am-12:00pm Fitness Room**

** Walking Club –** Do you enjoy walking and talking? Come join us for a fun walk indoors or outdoors (depending of the weather) and some friendly chatter along the way. Walking poles are offered to enhance your workout if desired.   **Tuesday August 8th & 29th from 1-1:30 PM Meet in the Wellness Ctr.**

**Programs denoted with an asterisk (\*) indicates it is necessary to sign up in the program book.**