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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2012 Wellness Center Schedule | **See the back of this calendar for descriptions of each class offered.**  **All Programs are subject to change!** | **Wellness Center Location**  Pool-P  Fitness Room- FR  Exercise Room-ER  Hahnemann Club-HC  Meditation Room-MR | C:\Users\rgallagher\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\HMTX5O0J\shamrock[1].PNG | 1.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR  1-2-Gentle Chair Yoga-FR | 2.  **9-9:50-Walking Tall-Balance & Strength Class-FR**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:30-1:30-Aquatic Exercise-P**  1:30-2:15-Open Swim-P | 3.  10:30-11:15  Tai Chi & Qigong-  FR |
| 4. | 5.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 6.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 7.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 8.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 9.  **9-9:50-Walking Tall-Balance & Strength Class-FR**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:30-1:30-Aquatic Exercise-P**  1:30-2:15-Open Swim-P | 10.  10:30-11:15  Tai Chi & Qigong-  FR |
| 11. | 12.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 13.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 14.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 159:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR  1-2-Gentle Chair Yoga-FR | 16.  **9-9:50-Walking Tall-Balance & Strength Class-FR**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **No Aquatic Exercise**  1:00-2:00-Open Swim-P | 17.  10:30-11:15  Tai Chi & Qigong-  FR |
| 18. | 19.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 20.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 21.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 22.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 23.  **9-9:50-Walking Tall-Balance & Strength Class-FR**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:30-1:30-Aquatic Exercise-P**  1:30-2:15-Open Swim-P | 24.  10:30-11:15  Tai Chi & Qigong-  FR |
| 25.  **March 2018 Health & Wellness Schedule** | 26.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 27.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR | 28.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 29.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15- Functional Fitness-FR  1-2-Gentle Chair Yoga-FR | 30.  **9-9:50-Walking Tall-Balance & Strength Class-FR**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:30-1:30-Aquatic Exercise-P**  1:30-2:15-Open Swim-P | 31.  10:30-11:15  Tai Chi & Qigong-  FR |

**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, balance and endurance. **Instructed by: Robin Gallagher Monday, Wednesday, Friday 9:00-9:45 AM Hahnemann Club 10:15-11:00 AM Fitness Room**

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

**Tai Chi & Qigong-** 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**

**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**

**FUNctional Fitness-**This is a 45 minute class that will include both standing and seated exercises that focus on maintaining function, strength and balance.

**Instructed by: Maureen Kellar**

**Tuesdays & Thursdays 10:30-11:15 Am in the Fitness Room**

**Gentle Chair Yoga** – It is a soothing hour of stretching & strengthening exercises that improve posture and flexibility, restore balance and joint mobility, and deepen our self-awareness through physical movement. **Instructed by: Eva Kane Thursday March 1st, 15th and 29th at 1:00 pm in the Fitness room.**

**Aquatic Exercise Class-**Students from Nazareth College Physical Therapy program will offer an aquatic exercise class. Participants will gain strength, endurance, balance and flexibility. **Instructed by Nazareth College PT Students Friday’s from February 2nd – April 13th -12:30-1:30 PM Pool NO Class on March 16th**

**"Walking Tall" Balance & Strength Class-** The aim of the 50 minute class is to improve your strength and balance, and also to help you feel more confident when you are out and about.

The instructor will guide you through some exercises to help increase your stamina and help with your balance on the move.  You will then work on exercises to help build your muscle and bone strength.

All of the exercises can be done seated or standing so all abilities can take part. This is an exercise course for those who have had a fall or who feel unsteady on their feet.

**Instructed by: Mark Strivings**

**Fridays 9-9:50 AM in the Fitness Room**

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

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