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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!** | C:\Users\rgallagher\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GW1WOVMB\turkey22[1].png | 1.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 2.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR  1-2-Gentle Chair Yoga-FR | 3.  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 | 4.  10:30-11:15  Tai Chi & Qigong-  FR |
| 5. | 6.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 7.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 8.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 9.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 10.  9:00-9:45-Fitness Class-HC  **10:15-11:00-FitnessVideo- FR**  12:30-1:30-Aquatic Exercise-P  **No Open Swim** | 11.  10:30-11:15  Tai Chi & Qigong-  FR |
| 12. | 13.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 14.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 15.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 16.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR  1-2-Gentle Chair Yoga-FR | 17.  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 | 18.  10:30-11:15  Tai Chi & Qigong-  FR |
| 19. | 20.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 21.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | 22.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 23.  **Happy Thanksgiving**  **No Water Fitness**  Circuit Training-On your own!  **No Fitness Video** | 24.  9:00-9:45-Fitness Class-HC  **10:15-11:00-Fitness Video**  **No Open Swim** | 25.  10:30-11:15  Tai Chi & Qigong-  FR |
| 26.  **November 2017 Health & Wellness Schedule** | 27.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 28.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR  1-1:30-Walking Club-FR | 29.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 30.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  11-12-Fitness Video-FR | **Wellness Center Location**  Pool-P  Fitness Room- FR  Exercise Room-ER  Hahnemann Club-HC  Meditation Room-MR |  |

**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. **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**

**If you have any questions, please contact Robin Gallagher at (585)641-6316.**

**\*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 November 2nd & 16th 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 September 15th –November 17th -12:30-1:30 PM Pool**

**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**

**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 November 28th from 1-1:30 PM Meet in the Wellness Ctr.**