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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2012 Wellness Center Schedule | 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  10:30-11:15-Functional Fitness-FR | 3.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 4.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-2-Gentle Chair Yoga-FR | 5.  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 | 6.  10:30-11:15  Tai Chi & Qigong-  FR |
| 7. | 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  10:30-11:15-Functional Fitness-FR | 10.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 11.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER | 12.  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 | 13.  10:30-11:15  Tai Chi & Qigong-  FR |
| 14. | 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  10:30-11:15-Functional Fitness-FR | 17.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 18.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-2-Gentle Chair Yoga-FR | 19.  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 | 20.  10:30-11:15  Tai Chi & Qigong-  FR |
| 21. | 22.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 23.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10:30-11:15-Functional Fitness-FR | 24.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 25.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER | 26.  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 | 27.  10:30-11:15  Tai Chi & Qigong-  FR |
| 28.  **October 2018 Health & Wellness Schedule** | 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  10:30-11:15-Functional Fitness-FR | 31.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | **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 |  |

**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 and** **Qigong-** Each class begins with a standing practice called Evidence-Based Qigong (Dr. Yang’s form) to warm up and promote balance and well-being. Then we proceed to a sitting qigong to release toxins and increase energy. The next phase is the movement practice, Grandmaster Chen's Yang style short form tai chi chuan.  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**

**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 14th – November 16th -12:30-1:30 PM Pool**

**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 October 4th & 18th at 1:00 pm in the Fitness room.**

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

**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 from 10:30-11:15 am in the Fitness Room**

**"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**