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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 |  | 1.  9:00-9:45-Water Fitness-P  **10-11-Line Dancing- FR**  10:30-12-Circuit Training- ER | 2.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1:00-2:00-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 Video- FR**  **No Water Fitness Class** | 6.  **No Water Fitness Class**  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training-**On your Own** ER | 7.  9:00-9:45- Fitness Class- HC  **10:15-11:00-Fitness Video- FR**  **No Open Swim**-Pool is open, just need a buddy | 8.  **No Water Fitness Class**  10:30-12-Circuit Training-**On Your Own-**ER | 9.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  **10:15-11:00-Fitness Video- FR**  No Open Swim, pool is open just need a buddy! | 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  12:45-1:30- Water Fitness -P | 13.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 14.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 15.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER | 16.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  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  12:45-1:30- Water Fitness -P | 20.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 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  **10-11-Line Dancing- FR**  10:30-12-Circuit Training- ER | 23.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1:00-2:00-Open Swim-P | 24.  10:30-11:15  Tai Chi & Qigong-  FR |
| 25.  **August 2019 Health & Wellness Schedule** | 26.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 27.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 28.  9:00-9:45- Fitness Class- HC  **10:15-11:00-Fitness Video- FR**  **No Open Swim-**Pool is open, Just need a buddy | 29.  **No Water Fitness Class**  10:30-12-Circuit Training-**On your own**-ER | 30.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  **10:15-11:00-Fitness Video- FR**  No Open Swim-Pool is open, just need a buddy! | 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 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 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 Exercise Room**

**Water Fitness**- A fun water workout with a number of different movements aimed at increasing flexibility, strength and cardiovascular fitness.  **Monday 12:45-1:30 pm Tuesday & Thursday 9:00-9:45 AM in the Pool**

**"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**

**"Fit Living with Mark"-**In this class, you will experience a variety of physical activities to help you live life to the fullest- Strength, balance, posture and stamina. Come ready to move! **Instructed by Mark Strivings Tuesdays 9:00-9:50 Am Fitness Room**

**Line Dancing -**Learn the basic line dancing steps and you will soon be dancing the “Electric Slide”, “Cupid Shuffle”, and other popular dances.  Fun, entertaining, and a great source of exercise.  No experience or partner needed. Leather soled shoes are encouraged. **Instructed by Will Herzog Thursday August 1st & 22nd from 10-11 am in the Fitness Room**