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| **Sunday**  **September 2019 Health & Wellness Schedule** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1.  November 2012 Wellness Center Schedule | 2.  **Happy Labor Day**  **No Fitness Classes**  **No Water Fitness –Pool is open, just need a buddy!** | 3.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 4.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 5.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  10-11- Line Dancing-FR  1-2-Gentle Chair Yoga-FR | 6.  **No Walking Tall-Balance & Strength Class**  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1:00-2:00-Open Swim-P | 7.  10:30-11:15  Tai Chi & Qigong-  FR |
| 8. | 9.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 10.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 11.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 12.  9:00-9:45-Water Fitness-P  10-11- Line Dancing-FR  10:30-12-Circuit Training- ER  1-1:45-Pilates-FR | 13.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  11-12- **Aquatic Exercise-P**  1:00-2:00-Open Swim-P | 14.  10:30-11:15  Tai Chi & Qigong-  FR |
| 15. | 16.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 17.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 18.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  11:15-12-Meditation-FR  1-2 Open Swim-P | 19.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-2-Gentle Chair Yoga-FR | 20.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-**Fitness Video**- FR  11-12- **Aquatic Exercise-P**  **No Open Swim** | 21. |
| 22. | 23.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 24.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 25.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 26.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-1:45-Pilates-FR | 27.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  11-12- **\*Aquatic Exercise-P**  1:00-2:00-Open Swim-P | 28. |
| 29. | 30.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P |  | **See the back of this calendar for descriptions of each class offered.**  **All Programs are subject to change!** | Programs denoted with an asterisk (\*) indicates it is necessary to sign up in the program book. | **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.  **Monday, Wednesday, Friday 9:00-9:45 AM Hahnemann Club & 10:15-11:00 AM Fitness Room**

**Open Swim**- Come and take a swim or do some water exercises.  **Wednesday & Friday - 1:00-2:00 PM Pool**

**Tai Chi and** **Qigong-** Class begins with a standing Evidence-Based Qigong to warm up and promote balance & well-being. The movement practice, 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. **Instructor- Dr. Kathy Gill- Sat. 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!  **Tuesdays & Thursdays 10:30am-12:00pm Fitness Room**

**Pilates Class**-The focus of this class is developing core strength, flexibility, and balance, and relieving stress. The benefits include improved posture, range of motion in the joints, injury prevention, increased flexibility, and building a balanced body. **Instructed by: Therese Bason Thursday Sept. 12th & 26th from 1-1:45 pm in the Fitness Room.**

**Water Fitness**- A workout with a number of different movements aimed at increasing flexibility, strength & cardiovascular fitness.  **Monday 12:45-1:30 PM Tues. & Thur. 9:00-9:45 AM Pool**

**Somatic Meditation-** You will be gently guided to scan the whole of our bodies by moving your attention into each successive area from your feet to your head, bringing your focus inward. **Instructed by Holly Ring-Tronlone Wednesday September 18th 11:15-12:00 PM – 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 Sept 5th & 19th at 1:00 pm in the Fitness room.**

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

**Walking Tall Balance & Strength Class-**You will be guided through exercises that help both increase your stamina & balance. All of the exercises can be done seated or standing. 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-**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**

**\*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 13th –November 15th 11-12 PM Pool**

**Line Dancing -**Learn the basic line dancing steps & you will soon be dancing the “Electric Slide “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 Sept. 5th & 12th from 10-11 am in the Fitness Room**