|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2012 Wellness Center Schedule | 9:00-9:45- In person & virtual Fitness Class- Hahnemann Club  10:15-11:00-Fitness Class- Community Ctr.  1:00-2:00 Open Swim-Pool | 9:00-10:00-Zoom Stretch, Strength and Balance-Fitness Room  9:00-9:45-Water Fitness-Pool  10:30-12-Circuit Training-Exercise Room | 9:00-9:45- In person & Virtual Fitness Class- Hahnemann Club  10:15-11:00-Fitness Class- Community Ctr.  1:00-2:00 Open Swim-Pool  **Wellness Center Class Descriptions** | 9:00-9:45-Water Fitness-Pool  10:30-12-Circuit Training-ER  11:00-12:00-Zoom Gentle Chair Yoga-Fitness Room | 9:00-9:45- In person & Virtual Fitness Class- Hahnemann Club  10:15-11:00-Fitness Class- Community Ctr.  1:00-2:00 Open Swim-Pool |  |

**2021 Health & Wellness Schedule**

**In Person & Virtual 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.  **Instructed by: Robin Gallagher Monday, Wednesday, Friday 9:00-9:45 AM Hahnemann Club-In person and Zoom. 10:15-11:00 AM Community Center-In person only.**

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

**Circuit Training-** This is an open session, come down to the fitness room and work through the exercise machine circuit. **Instructed by Robin Gallagher Tuesday & Thursday 10:30am-12:00pm Fitness Room**

**Zoom 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 11:00-12:00 pm.**

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

**Zoom Stretch, Strength & Balance Class-** 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. **Instructed by: Mark Strivings Tuesday & Friday 9:00-10:00 AM Fitness Room**