

# Wellness Classes - Weekly Schedule

## January & February 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Pickleball 6:30-8:00am		Pickleball 6:30-8:00am		Pickleball 6:30-9:00am	
7:00am						
8:00am	Cardio 30 8:30-9:00am	Pickleball 8:00-10:00am	Cardio 30 8:30-9:00am	Pickleball 8:00-10:00am	Pickleball 6:30-9:00am	Pickleball 8:30-11:30am
9:00am	Yoga 9:00-9:45am	Freemotion/ Cardio Circuit 8:30-9:15am	Yoga 9:00-9:45am	Freemotion/ Cardio Circuit 8:30-9:15am		
10:00am		Gentle Yoga 9:30-10:15am			Instructor's Choice 9:30-10:15am	Saturday Wellness Center Open 8:00-12:00pm
11:00am	Senior Fitness 10:45-11:30am	Tai Chi 10:30-11:30	Senior Fitness 10:45-11:30am	Tai Chi 10:30-11:30	Senior Fitness 10:45-11:30am	
		Line Dancing 10:30-12:00pm		Line Dancing 10:30-11:30am		<b>Saturday Specials:</b> Cardio Dance 1/14 at 10am 1/28 at 10m
12:00pm	<b>Weightlifting</b> 12-12:45pm	Rock Steady Boxing 12:30-2:00pm (Combined Class)	<b>Weightlifting</b> 12-12:45pm	Rock Steady Boxing 12:00-1:00pm 1:15-2:15pm (Separate Classes)	<b>Weightlifting</b> 12-12:45pm	
1:00pm	Pickleball 1:00-3:00pm		Pickleball 1:00-3:00pm		Wellness Center Closes at 2:30	
2:00pm						
3:00pm			Fitness Boxing 3:00-3:45pm		<b>CLASS LEGEND</b> <b>Level 3- High intensity</b> <b>Level 2- Medium intensity</b> <b>Level 1- Low intensity</b> <b>Activity/Sport</b> <b>Rock Steady Boxing - Parkinson's Class</b> <b>Ask our Exercise Specialists what class level is best for you!</b>	
4:00pm		Table Tennis 3:30-5:00pm	Table Tennis 3:30-5:00pm			
5:00pm	Rock Steady Boxing 5:15-6:30pm	Pickleball 4:30-6:30pm	Rock Steady Boxing 5:15-6:30pm	Cardio Drumming*** 5:30-6:30pm		
6:00pm	Center Closes at 7:00pm					

- Classes may be canceled at any time due to instructor illness
  - Must be at least 3 participants for a class
  - Please show up 5 minutes prior to class time
    - Please Call 419-991-8811 with any questions

