

Wellness Classes - July & August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am	Pickleball 6:30-8:00am		Pickleball 6:30-8:00am		Pickleball 6:30-9:00am	Wellness Center Open 8:00-12:00pm		
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 8:30-11:30am		
9:00am	Yoga 9:00-9:45am	Freemotion Circuit (Wellness Center) 8:30-9:15am	Yoga** 9:00-9:45am	Freemotion Circuit (Wellness Center) 8:30-9:15am			Table Tennis 8:30-11:30am	
10:00am		Gentle Yoga 9:30-10:15am	**Switching to instructors choice in August	Line Dancing 10:00-11:30am	Instructor's Choice 9:30-10:15am	Instructor's Choice 9:00am Starts July 15		
11:00am	Senior Fitness 10:45-11:30am		Senior Fitness 10:45-11:30am		Senior Fitness 10:45-11:30am			
12:00pm	Weightlifting 12-12:45pm	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm	Rock Steady Boxing 12:00-2:20 See RSB Schedule for details	Weightlifting 12-12:45pm			
1:00pm	Pickleball 1:00-4:00pm		Pickleball 1:00-3:00pm				SCS Closes at 2:30	
2:00pm								
3:00pm		Table Tennis 3:30-5:00pm	Fitness Boxing 3:00-3:45pm	Table Tennis 3:30-5:00pm	CLASS LEGEND Level 3- High intensity Level 2- Medium intensity Level 1- Low intensity Activity/Sport Rock Steady Boxing - Parkinson's Class Contract Class - Free for SCS Members, \$6 for non-members Ask our Exercise Specialists what class level is best for you!			
4:00pm								
5:00pm	Rock Steady Boxing 5:15-6:30pm	Pickleball 4:30-6:30pm	Rock Steady Boxing 5:15-6:30pm					
6:00pm	Cardio Kickboxing 6:00-6:45pm Starts July 10							
Center Closes at 7:00pm								

- Classes may be shortened to 30 minutes or 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