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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| November 2012 Wellness Center Schedule | 1.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 2.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 3.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 4.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-2-Gentle Chair Yoga-FR | 5.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:00-1:00-Aquatic Exercise-P**  1:00-2:00-Open Swim-P | 6.  10:30-11:15  Tai Chi & Qigong-  FR |
| 7. | 8.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Video- FR  **No Water Fitness** | 9.  **No Water Fitness**  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training**-On your own.** | 10.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 11.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-1:45-Pilates-FR | 12.  9-9:50-Walking Tall-Balance & Strength Class-FR  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  **12:00-1:00-Aquatic Exercise-P**  1:00-2:00-Open Swim-P | 13.  10:30-11:15  Tai Chi & Qigong-  FR |
| 14. | 15.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 16.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 17.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 18.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-2-Gentle Chair Yoga-FR | 19.  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!** | 20.  10:30-11:15  Tai Chi & Qigong-  FR |
| 21. | 22.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 23.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | 24.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  1-2 Open Swim-P | 25.  9:00-9:45-Water Fitness-P  10:30-12-Circuit Training- ER  1-1:45-Pilates-FR | 26.  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 | 27.  10:30-11:15  Tai Chi & Qigong-  FR |
| 28.  **April 2019 Health & Wellness Schedule** | 29.  9:00-9:45- Fitness Class- HC  10:15-11:00-Fitness Class- FR  12:45-1:30- Water Fitness -P | 30.  9:00-9:45-Water Fitness-P  9:00-9:50-Fit Living with Mark-FR  10:30-12-Circuit Training- ER | C:\Users\rgallagher\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KN4NGHBF\butterfly2[1].png | **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 |  |

**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. **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.  **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!  **Tuesdays & Thursdays 10:30am-12:00pm Fitness Room**

**Water Fitness Class**- A fun water workout with a number of different exercises for increasing flexibility, strength and cardiovascular fitness.  **Tuesday & Thursday 9:00-9:45 AM in the Pool Monday’s 12:45-1:30 PM**

**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 April 4th & 18th at 1:00 pm in the Fitness room.**

**"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. 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**

**Pilates Class**-This unique system of body conditioning strengthens and stretches the core muscles. 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 April 11th & 25th from 1-1:45 pm in the 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 February 1st-April 12th -12:00-1:00 PM Pool**

**"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**