



Wellness Center Schedule

Effective 2/18

575-0193

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM	Aqua Chi (45)		Aqua Chi (45)			Open Pool (8:00am - 12:30pm)
9:00AM		Aquacise* (45) <hr/> Tai Chi (45)		Aquacise* (45)	Aquacise* (45)	
9:15AM	Aquacise* (45)		Aquacise* (45)			
10:00AM		Balance (45)	Balance Challenge (45)	Balance (45)	Balance Challenge (45)	
10:15AM	Gentle Yoga (45)		Gentle Yoga (45) *Warner Room*			
11:00AM		NeuroFit™ *Must Sign Up (45)		NeuroFit™ *Must Sign Up (45)		

Pool Hours:

Monday - Friday 7:00am - 4:30pm & Saturday 8:00am – 12:30 pm

BOLD indicates classes in the pool

() indicates length of class

At least 5 participants are needed to hold an Aquacise class

Class Descriptions

Aqua Chi— Water exercise and relaxation class. Focusing on deep breathing, increasing range of motion, improving balance and strengthening the core.

Aquacise— Intermediate water class focuses on strength, balance, endurance, and flexibility using dumbbells, kickboards, and noodles.

Balance Challenge— An advanced level class that uses different strategies and variations to challenge your balance and mobility.

Balance Class— Individualized structured progressive program of activities specifically designed to address the multiple dimensions that contribute to balance and mobility.

Gentle Yoga— Focusing on a mind-body connection through movement and breathing.

NeuroFit™— A proactive approach to slowing the progression of Multiple Sclerosis, Parkinson's and other neurological movement disorders. Class focuses on balance, coordination, breathing, vocal exercises, functional strength training, flexibility, recovering from a fall, hand grip and hand dexterity training. (Beginner and Maintenance class focus on the same concepts)

Tai Chi— Similar to aqua chi, this class involves a series of movements performed in a slow, focused manner and can be done seated or standing.