

The Franciscan Center March 2018 Fitness, Aerobic & Wellness Schedule

Sunday Open 8 am-4 pm	Monday Open 6:30 am-7:00 pm	Tuesday Open 6:30 am-7:00 pm	Wednesday Open 6:30 am-7:00 pm	Thursday Open 6:30 am-7:00 pm	Friday Open 6:30 am-7:00 pm	Saturday Open 8 am-4 pm
Legend Black: Beginner Blue: Intermediate	M (Member): Classes are open to Franciscan Center Members, Silver Sneakers/ForeverFit, Premier, Optum and Silver & Fit Members Only O (Open): Open to Franciscan Center Members, Silver Sneakers/Forever Fit and Silver & Fit members, St. Leonard residents & non-residents Most classes are 45 minutes long If you have any questions, please call 436-2203		Weight equipment in the Fitness Room is reserved from 11:30 – 2:00 pm Wednesdays for the Weight Training Classes	*Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.		
				1 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm Silver Sneakers Yoga-M	2 8:30 am Women's Strength Training-M* Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M* Sign up Required 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M	3 8 am-4 pm Open Fitness- M
4 8 am – 4 pm Open Fitness- M	5 8:30 am S Sneakers Classic-M CANCELLED 10:00 am Yoga for Osteoporosis -M CANCELLED 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	6 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 12:00pm Tecumsah 1:30pm SS Yoga-M CANCELLED	7 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M 2:00 Income Tax Savings Program	8 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm Silver Sneakers Yoga-M	9 8:30 am Women's Strength Training-M* Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M* Sign up Required 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M	10 8 am – 4 pm Open Fitness- M
11 8 am – 4 pm Open Fitness- M	12 8:30 am Silver Sneakers Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	13 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 12:00pm Tecumsah 1:30pm SS Yoga-M	14 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M 5:30 Dr. Ahlawalia presentation	15 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm Silver Sneakers Yoga-M	16 8:30 am Women's Strength Training-M* Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M* Sign Up Required 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M 2:00 Current World Events	17 8 am – 4 pm Open Fitness –M 7:00 Dayton Harp Ensemble in the chapel
18 8 am – 4 pm Open Fitness-M	19 8:30 am Silver Sneakers Classic-M 10:00 am Yoga for Osteoporosis –M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	20 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 1:30pm Silver Sneakers Yoga – M	21 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M	22 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm Silver Sneakers Yoga-M	23 8:30 am Women's Strength Training-M CANCELLED 9:30 am Indoor Cycling –M CANCELLED 10:30am Women's Strength Training-M CANCELLED 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	24 8 am – 4 pm Open Fitness –M
25 8 am – 4 pm Open Fitness-M	26 8:30 am SS Classic-M CANCELED 10:00 am Yoga for Osteoporosis –M CANCELLED 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	27 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 1:30pm Silver Sneakers Yoga – M CANCELLED	28 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M CANCEL	29 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm Silver Sneakers Yoga-M CANCELLED	30 8:30 am Women's Strength Training-M CANCELLED 9:30 am Indoor Cycling –M CANCELLED 10:30am Women's Strength Training-M CANCELLED 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	31 8 am – 4 pm Open Fitness –M

Franciscan Center March 2018 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend Black: Beginner Blue: Intermediate	<p><i>*Gentle Movement for Healing is a class for participants with a referral from their doctor at Miami Valley Hospital South Cancer Center only. Therefore, the lap pool will be closed at these times.</i></p>		<p>The lap pool is available for Open Swim throughout the day when there is no class in session</p>	1 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	2 12:30pm Water Flexibility-M	3 8 am-4 pm Open Swim- M
4 8 am-4 pm Open Swim- M	5 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only CANCELLED	6 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	7 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	8 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	9 12:30pm Water Flexibility-M	10 8 am-4 pm Open Swim- M
11 8 am-4 pm Open Swim- M	12 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	13 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	14 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	15 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	16 12:30pm Water Flexibility-M	17 8 am-4 pm Open Swim- M
18 8 am-4 pm Open Swim- M	19 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	20 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	21 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	22 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	23 12:30pm Water Flexibility-M	24 8 am-4 pm Open Swim- M
25 8 am-4 pm Open Swim- M	26 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only CANCELLED	27 11:30 am Arthritis Foundation Aquatic Program- M CANCELLED 12:30 pm Movement to Music-O	28 11:30 am Aqua Gym –M CANCELLED 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	29 11:30 am Yoga Afloat-M CANCELLED 12:30 pm Water Aerobics-M	30 12:30pm Water Flexibility-M	31 8 am-4 pm Open Swim- M