


# The Franciscan Center April 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
<b>1</b>  <b>CLOSED</b>	<b>2</b> 8:30 am S Sneakers Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	<b>3</b> 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka -O 11:30 am Cardio Mix -M 1:30pm SS Yoga-M 6:00 Christian Bussler presentation	<b>4</b> 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 Get Your Affairs in Order Presentation	<b>5</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka -O 1:30pm Silver Sneakers Yoga-M	<b>6</b> 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	<b>7</b> 8 am-4 pm Open Fitness- M
<b>8</b> 8 am – 4 pm Open Fitness- M	<b>9</b> 8:30 am S Sneakers Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	<b>10</b> 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka-O 11:30 am Cardio Mix -M 1:30pm SS Yoga-M	<b>11</b> 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	<b>12</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	<b>13</b> 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 2:00 Balance Workshop	<b>14</b> 8 am – 4 pm Open Fitness- M
<b>15</b> 8 am – 4 pm Open Fitness- M	<b>16</b> 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	<b>17</b> 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka - O 11:30 am Cardio Mix -M 1:30pm SS Yoga-M	<b>18</b> 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	<b>19</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	<b>20</b> 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	<b>21</b> 8 am – 4 pm Open Fitness -M
<b>22</b> 8 am – 4 pm Open Fitness-M	<b>23</b> 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 2:30 Scam Awareness presentation	<b>24</b> 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka - O 11:30 am Cardio Mix -M 1:30pm Silver Sneakers Yoga - M	<b>25</b> 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	<b>26</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	<b>27</b> 8:30 am Women's Strength Training-M 9:30 am Indoor Cycling -M 10:30am Women's Strength Training-M 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M 1:30 Dr. Morris presentation	<b>28</b> 8 am – 4 pm Open Fitness -M
<b>29</b> 8 am – 4 pm Open Fitness-M 1:00 pm Independent Living Open House and Tours	<b>30</b> 8:30 am SS Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	<div> <b>Legend</b>  Black: Beginner  Blue: Intermediate </div>	<div> Weight equipment in the Fitness Room is reserved from 11:30 – 2:00 pm Wednesdays for the Weight Training Classes </div>	<div> *Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week. </div>	<b>M (Member):</b> Classes are open to Franciscan Center Members, Silver Sneakers/ForeverFit, Premier, Optum and Silver & Fit Members Only <b>O (Open):</b> 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	

# Franciscan Center April 2018 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>  <b>CLOSED</b>	<b>2</b> 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	<b>3</b> 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	<b>4</b> 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	<b>5</b> 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	<b>6</b> 12:30pm Water Flexibility-M	<b>7</b> 8 am-4 pm Open Swim- M
<b>8</b> 8 am-4 pm Open Swim- M	<b>9</b> 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	<b>10</b> 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	<b>11</b> 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	<b>12</b> 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	<b>13</b> 12:30pm Water Flexibility-M	<b>14</b> 8 am-4 pm Open Swim- M
<b>15</b> 8 am-4 pm Open Swim- M	<b>16</b> 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	<b>17</b> 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	<b>18</b> 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	<b>19</b> 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	<b>20</b> 12:30pm Water Flexibility-M	<b>21</b> 8 am-4 pm Open Swim- M
<b>22</b> 8 am-4 pm Open Swim- M	<b>23</b> 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	<b>24</b> 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	<b>25</b> 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M	<b>26</b> 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M	<b>27</b> 12:30pm Water Flexibility-M	<b>28</b> 8 am-4 pm Open Swim- M
<b>29</b> 8 am-4 pm Open Swim- M	<b>30</b> 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only	<div> <p>*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.</p> </div>		<div> <p>The lap pool is available for Open Swim throughout the day when there is no class in session</p> </div>	<b>Legend</b> Black: Beginner Blue: Intermediate	