


The Franciscan Center July 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
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.	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		Legend Black: Beginner Blue: Intermediate		
1 8 am – 4 pm Open Fitness- M	2 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	3 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	4  CLOSED	5 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	6 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	7 8 am – 4 pm Open Fitness- M
8 8 am – 4 pm Open Fitness- M	9 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	10 9:00 am Beginner Tai Chi-O CANCELLED 10:00 am Int. Tai Chi –M CANCELLED 10:00 am Walka Walka - O 11:30 am Cardio Mix –M 1:30pm SS Yoga-M 2:00 Radiant Health Speaker	11 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M CANCELLED 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M	12 9:00 am Int. Tai Chi- M CANCELLED 10:00 am Beginner Tai Chi-O CANCELLED 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M 6:00 Regenerative Medicine in Orthopedics Presentation	13 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	14 8 am – 4 pm Open Fitness –M
15 8 am – 4 pm Open Fitness-M	16 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	17 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 12:30 pm SS Yoga – M 2:00 Prescription Drug Interactions and Pill Management Presentation	18 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	19 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	20 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	21 8 am – 4 pm Open Fitness –M
22 8 am – 4 pm Open Fitness-M 29 8 am – 4 pm Open Fitness-M	23/30 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	24/31 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	25 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	26 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm S Sneakers Yoga-M	27 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	28 8 am – 4 pm Open Fitness –M

Franciscan Center July 2018 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The lap pool is available for Open Swim throughout the day when there is no class in session</p>	<p>Legend Black: Beginner Blue: Intermediate</p>	<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>1</p> <p>8 am-4 pm Open Swim- M</p>	<p>2</p> <p>10:30 am Aqua Gym-M</p>	<p>3</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>4</p>  <p>CLOSED</p>	<p>5</p> <p>12:30 pm Water Aerobics-M</p>	<p>6</p> <p>12:30pm Water Flexibility-M</p>	<p>7</p> <p>8 am-4 pm Open Swim- M</p>
<p>8</p> <p>8 am-4 pm Open Swim- M</p>	<p>9</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing <i>*MVHS Physician Referral Only</i></p>	<p>10</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>11</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing <i>* MVHS Physician Referral Only</i></p> <p>6:00 pm Water Aerobics-M</p>	<p>12</p> <p>12:30 pm Water Aerobics-M</p>	<p>13</p> <p>12:30pm Water Flexibility-M</p>	<p>14</p> <p>8 am-4 pm Open Swim- M</p>
<p>15</p> <p>8 am-4 pm Open Swim- M</p>	<p>16</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing <i>*MVHS Physician Referral Only</i></p>	<p>17</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>18</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing <i>* MVHS Physician Referral Only</i></p> <p>6:00 pm Water Aerobics-M</p>	<p>19</p> <p>12:30 pm Water Aerobics-M</p>	<p>20</p> <p>12:30pm Water Flexibility-M</p>	<p>21</p> <p>8 am-4 pm Open Swim- M</p>
<p>22</p> <p>8 am-4 pm Open Swim- M</p> <p>29</p> <p>8 am-4 pm Open Swim- M</p>	<p>23/30</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing <i>*MVHS Physician Referral Only</i></p>	<p>24/31</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>25</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing <i>* MVHS Physician Referral Only</i></p> <p>6:00 pm Water Aerobics-M</p>	<p>26</p> <p>12:30 pm Water Aerobics-M</p>	<p>27</p> <p>12:30pm Water Flexibility-M</p>	<p>28</p> <p>8 am-4 pm Open Swim- M</p>