


The Franciscan Center June 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 8:30 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 8 am-4 pm Open Fitness- M
3 8 am – 4 pm Open Fitness- M	4 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	5 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 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	7 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	8 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 6:30 Jazz Concert : free event	9 8 am – 4 pm Open Fitness- M 
10 8 am – 4 pm Open Fitness- M	11 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	12 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	13 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	14 9:00- 4:00 Campus Garage Sale 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	15 9:00- 4:00 Garage Sale 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	16 8 am – 4 pm Open Fitness -M
17 8 am – 4 pm Open Fitness-M	18 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	19 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	20 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	21 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 9:00-4:00 Longest Day Event for Alzheimer's Association San Damiano parking lot	22 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	23 8 am – 4 pm Open Fitness -M
24 8 am – 4 pm Open Fitness-M	25 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	26 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	27 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	28 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	29 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	30 8 am – 4 pm Open Fitness -M

Franciscan Center June 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>*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>			<p>1 12:30pm Water Flexibility-M</p>	<p>2 8 am-4 pm Open Swim- M</p>
<p>3 8 am-4 pm Open Swim- M</p>	<p>4 10:30 am Aqua Gym-M</p>	<p>5 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>6 11:30 am Aqua Gym –M</p>	<p>7 12:30 pm Water Aerobics-M</p>	<p>8 12:30pm Water Flexibility-M</p>	<p>9 8 am-4 pm Open Swim- M</p>
<p>10 8 am-4 pm Open Swim- M</p>	<p>11 10:30 am Aqua Gym-M</p>	<p>12 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>13 11:30 am Aqua Gym –M</p>	<p>14 12:30 pm Water Aerobics-M</p>	<p>15 12:30pm Water Flexibility-M</p>	<p>16 8 am-4 pm Open Swim- M</p>
<p>17 8 am-4 pm Open Swim- M</p>	<p>18 10:30 am Aqua Gym-M</p>	<p>19 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>20 11:30 am Aqua Gym –M</p>	<p>21 12:30 pm Water Aerobics-M</p>	<p>22 12:30pm Water Flexibility-M</p>	<p>23 8 am-4 pm Open Swim- M</p>
<p>24 8 am-4 pm Open Swim- M</p>	<p>25 10:30 am Aqua Gym-M</p>	<p>26 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>27 11:30 am Aqua Gym –M</p>	<p>28 12:30 pm Water Aerobics-M</p>	<p>29 12:30pm Water Flexibility-M</p>	<p>30 8 am-4 pm Open Swim- M</p>