



# The Franciscan Center September 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.	<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		<b>Legend</b> Black: Beginner Blue: Intermediate		1  8 am – 4 pm Open Fitness- M
2  8 am – 4 pm Open Fitness- M	3   CLOSED	4  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	5  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	6  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  5:30 Planning for Long Term Care	7  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	8  8 am – 4 pm Open Fitness- M
9  8 am – 4 pm Open Fitness- M	10  8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M 12:30 pm 30-Minute Core-M CANCELLED 1:00 pm Total Body Workout M CANCELLED	11  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 CANCELLED 1:30pm SS Yoga-M 4:00 – 6:00 Patriot Day Celebration	12  8 am Silver Sneakers Classic-M 11:30 am Weight Training -M CANCELLED 12:30pm Core Stability Plus –M CANCELLED 1:00pm Weight Training – M CANCELLED 2:00 pm Yoga Basics – M	13  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	14  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	15  8 am – 4 pm Open Fitness –M
16  8 am – 4 pm Open Fitness-M	17  8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health–M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	18  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	19  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	20  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	21  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	22  8 am – 4 pm Open Fitness –M
23/30  8 am – 4 pm Open Fitness-M	24  8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health–M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	25  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	26  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 4 – 5:30 Music on the Patio	27  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	28  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	29  8 am – 4 pm Open Fitness –M

# Franciscan Center September 2018 Pool Schedule

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