

The Franciscan Center October 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 | 1 8:30 am S Sneakers Classic-M CANCELLED 10:00 am Yoga for Bone Health -M CANCELLED 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M | 2 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 CANCELLED 2:00-5:00 Health and Wellness Fair- Banquet rooms | 3 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 CANCELLED | 4 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 CANCELLED | 5 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 Beg. Line Dance-O 1:00 pm Int. Line Dance- M | <div> Legend Black: Beginner Blue: Intermediate </div> |
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| 7 8 am – 4 pm Open Fitness- M | 8 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 | 9 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 | 10 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 6:00 pm Indoor Cycling | 11 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 | 12 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 | 13 8 am – 4 pm Open Fitness- M |
| 14 8 am – 4 pm Open Fitness- M | 15 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 | 16 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 | 17 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 6:00 pm Indoor Cycling | 18 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 1:00 Medicare 101 Presentation- State of Ohio Department of Insurance | 19 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 | 20 8 am – 4 pm Open Fitness -M |
| 21 8 am – 4 pm Open Fitness-M | 22 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 | 23 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 | 24 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 6:00 pm Indoor Cycling | 25 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 | 26 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 | 27 8 am – 4 pm Open Fitness -M |
| 28 8 am – 4 pm Open Fitness-M | 29 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 | 30 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 | 31 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 6:00 pm Indoor Cycling | *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 | |

Franciscan Center October 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>1</p> <p>10:30 am Aqua Gym-M</p> | <p>2</p> <p>11:30 am Arthritis Foundation Aquatic Program- M CANCELLED</p> <p>12:30 pm Movement to Music-O</p> <p>2:00-5:00 Health and Wellness Fair- Banquet rooms</p> | <p>3</p> <p>11:30 am Aqua Gym –M CANCELLED</p> | <p>4</p> <p>12:30 pm Water Aerobics-M</p> | <p>5</p> <p>12:30pm Water Flexibility-M</p> | <p>6</p> <p>8 am-4 pm Open Swim- M</p> |
| <p>7</p> <p>8 am-4 pm Open Swim- M</p> | <p>8</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p> | <p>9</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p> | <p>10</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only</p> | <p>11</p> <p>12:30 pm Water Aerobics-M</p> | <p>12</p> <p>12:30pm Water Flexibility-M</p> | <p>13</p> <p>8 am-4 pm Open Swim- M</p> |
| <p>14</p> <p>8 am-4 pm Open Swim- M</p> | <p>15</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p> | <p>16</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p> | <p>17</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only</p> | <p>18</p> <p>12:30 pm Water Aerobics-M</p> <p>1:00 Medicare 101 Presentation- State of Ohio Department of Insurance</p> | <p>19</p> <p>12:30pm Water Flexibility-M</p> | <p>20</p> <p>8 am-4 pm Open Swim- M</p> |
| <p>21</p> <p>8 am-4 pm Open Swim- M</p> | <p>22</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p> | <p>23</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p> | <p>24</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only</p> | <p>25</p> <p>12:30 pm Water Aerobics-M</p> | <p>26</p> <p>12:30pm Water Flexibility-M CANCELLED</p> | <p>27</p> <p>8 am-4 pm Open Swim- M</p> |
| <p>28</p> <p>8 am-4 pm Open Swim- M</p> | <p>29</p> <p>10:30 am Aqua Gym-M</p> <p>11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p> | <p>30</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p> | <p>31</p> <p>11:30 am Aqua Gym –M</p> <p>5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only</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> | |