


The Franciscan Center December 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 am – 4 pm Open Fitness- M	3 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	4 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 1:30pm SS Yoga-M 7:00 pm Christmas Harp Concert in the chapel: free event	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 6:00 pm Indoor Cycling	6 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M 7:00 pm Christmas Box Angel Vigil in the chapel: free event	7 8:30 am Women's Strength Training-MCANCELED 9:30 am Indoor Cycling –M CANCELED 10:30am Women's Strength Training-M CANCELED 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 1:00 pm Total Body Workout M	11 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am Cardio Mix –M 1:30pm SS Yoga-M	12 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 6:00 pm Indoor Cycling	13 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-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 CANCELED 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 CANCELED 10:00 am Yoga for Bone Health-M CANCELED 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 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 6:00 pm Indoor Cycling	20 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-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 Line Dance-O 1:00 pm Int. Line Dance- M	22 8 am – 4 pm Open Fitness –M
23 8 am – 4 pm Open Fitness-M 30 8 am – 4 pm Open Fitness-M	24 CLOSED 31 8 am – 12 pm Open Fitness-M NO CLASSES	25  CLOSED	26 8 am – 4 pm Open Fitness-M NO CLASSES	27 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M CANCELED	28 8:30 am Women's Strength Training-MCANCELED 9:30 am Indoor Cycling –M CANCELED 10:30am Women's Strength Training-M CANCELED 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	29 8 am – 4 pm Open Fitness –M

Franciscan Center December 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</p> <p>8 am-4 pm Open Swim- M</p>
<p>2</p> <p>8 am-4 pm Open Swim- M</p>	<p>3</p> <p>10:30 am Aqua Gym-M</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>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>
<p>9</p> <p>8 am-4 pm Open Swim- M</p>	<p>10</p> <p>10:30 am Aqua Gym-M</p>	<p>11</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>12</p> <p>11:30 am Aqua Gym –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>
<p>16</p> <p>8 am-4 pm Open Swim- M</p>	<p>17</p> <p>10:30 am Aqua Gym-M</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>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>
<p>23</p> <p>8 am-4 pm Open Swim- M</p> <hr/> <p>30</p> <p>8 am-4 pm Open Swim- M</p>	<p>24</p> <p>CLOSED</p> <hr/> <p>31</p> <p>8 am – 12 pm Open Swim-M NO CLASSES</p>	<p>25</p>  <p>CLOSED</p>	<p>26</p> <p>8 am – 4 pm Open Swim-M</p> <p>NO CLASSES</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>