


# The Franciscan Center January 2019 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.	1  CLOSED	2 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	3 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O  1:30pm S Sneakers Yoga-M	4 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 CANCELLED 1:00 pm Int. Line Dance- M CANCELLED	5 8 am – 4 pm Open Fitness- M  <div>Legend Black: Beginner Blue: Intermediate</div>
6 8 am – 4 pm Open Fitness- M	7 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M	8 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M  1:30pm SS Yoga-M	9 8 am Silver Sneakers Classic-M  2:00 pm Yoga Basics  6:00 pm Indoor Cycling  6:00 Knee Pain Seminar	10 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O  1:30pm S Sneakers Yoga-M	11 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	12 8 am – 4 pm Open Fitness- M
13 8 am – 4 pm Open Fitness- M	14 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M	15 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M  1:30pm SS Yoga-M	16 8 am Silver Sneakers Classic-M  2:00 pm Yoga Basics  6:00 pm Indoor Cycling	17 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O  1:30pm S Sneakers Yoga-M	18 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	19 8 am – 4 pm Open Fitness –M
20 8 am – 4 pm Open Fitness-M	21 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health–M 2:00 MLK Presentation in the Performing Arts Center	22 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M  1:30pm SS Yoga – M	23 8 am Silver Sneakers Classic-M  2:00 pm Yoga Basics-M  6:00 pm Indoor Cycling	24 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O  1:30pm S Sneakers Yoga-M	25 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	26 8 am – 4 pm Open Fitness –M
27 8 am – 4 pm Open Fitness-M	28 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health–M	29 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M  1:30pm SS Yoga – M	30 8 am Silver Sneakers Classic-M  2:00 pm Yoga Basics-M  6:00 pm Indoor Cycling	31 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O  1:30pm S Sneakers Yoga-M	<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 <b>Most classes are 45 minutes long</b> <b>If you have any questions, please call 436-2203</b>	

# Franciscan Center January 2019 Pool Schedule

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