

The Franciscan Center February 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.	M (Member): Classes are open to Franciscan Center Paying Members, Silver Sneakers, AARP/UHC and Silver & Fit Members Only O (Open): Open to all Franciscan Center Members, St. Leonard residents & 55+ age public 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 Bone Health -M	5 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 1:30pm SS Yoga-M CANCELLED	6 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Balance & Stability -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	7 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-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	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 Bone Health -M 12:30 am- 30 min. Core-M 1:00 Cross Training-M	12 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 1:30pm SS Yoga-M	13 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Balance & Stability -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	14 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	15 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 12:00 Lower back pain seminar	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 Bone Health-M 12:30 am- 30 min. Core-M 1:00 Cross Training-M	19 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 1:30pm SS Yoga - M 6:00 pm Dayton Inventors Seminar: Jim Charters	20 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Balance & Stability -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	21 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	22 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	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 Bone Health-M CANCELLED 12:30 am- 30 min. Core-M 1:00 Cross Training-M	26 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 1:30pm SS Yoga - M CANCELLED	27 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Balance & Stability Plus -M 1:00pm Weight Training - M *Sign Up Required 2:00 pm Yoga Basics- M CANCELLED 6:00 pm Indoor Cycling-M	28 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M CANCELLED		

Franciscan Center February 2019 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>				1	2 8 am-4 pm Open Swim- M
3 8 am-4 pm Open Swim- M	4	5 11:30 am Arthritis Foundation Aquatic Program- M CANCELLED 12:30 pm Movement to Music-O CANCELLED	6 11:30 am Aqua Gym –M	7	8	9 8 am-4 pm Open Swim- M
10 8 am-4 pm Open Swim- M	11	12 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	13 11:30 am Aqua Gym –M	14	15	16 8 am-4 pm Open Swim- M
17 8 am-4 pm Open Swim- M	18	19 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	20 11:30 am Aqua Gym –M	21	22	23 8 am-4 pm Open Swim- M
24 8 am-4 pm Open Swim- M	25	26 11:30 am Arthritis Foundation Aquatic Program- M CANCELLED 12:30 pm Movement to Music-O	27 11:30 am Aqua Gym –M CANCELLED	28		