

# The Franciscan Center March 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.	<b>M (Member):</b> Classes are open to Franciscan Center Paying Members, Silver Sneakers, AARP/UHC and Silver & Fit Members Only <b>O (Open):</b> 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		<b>Legend</b> Black: Beginner Blue: Intermediate	1 8:30 am Women's Strength Training-M <b>CANCELLED</b> 9:30 am Indoor Cycling -M <b>CANCELLED</b> 10:30am Women's Strength Training-M <b>CANCELLED</b> 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 12:30 am- 30 min. Core-M 1:00 Cross Training-M	5 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 1:30pm SS Yoga-M	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 7:00 pm Miami Valley Dance Co. Jungle Book: Performing Arts Center	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 7:00 pm Dayton Area Harp Ensemble performance in the Chapel
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 6:00 pm Dr. Agrawal speaks on Chronic Kidney Disease	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	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 11:15 am Indoor Cycling 1:30pm SS Yoga - M 6:00 pm Dr. Katz speaks on hearing loss	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 6:00 Author Cassie Barlow, PhD, Saluting our Grandmas: Women of WWII	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 31 8 am – 4 pm Open Fitness-M	25 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	26 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 11:15 am Indoor Cycling 1:30pm SS Yoga - M	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 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	29 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	30 8 am – 4 pm Open Fitness -M

# Franciscan Center March 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:  <b>BLACK:</b>                      Beginner  <b>BLUE:</b>                      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  12:30 pm Movement to Music-O	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  31  8 am-4 pm Open Swim- M	25	26  11:30 am Arthritis Foundation Aquatic Program- M  12:30 pm Movement to Music-O	27  11:30 am Aqua Gym –M	28	29	30  8 am-4 pm Open Swim- M