


The Franciscan Center April 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
<div> <div>Legend</div> <div>Black: Beginner</div> <div>Blue: Intermediate</div> </div>	1	2	3	4	5	6
	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	9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	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	9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	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	8 am – 4 pm Open Fitness- M
7	8	9	10	11	12	13
8 am – 4 pm Open Fitness- M	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	9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	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	9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	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 2:00 pm Balance Workshop	8 am – 4 pm Open Fitness- M
14	15	16	17	18	19	20
8 am – 4 pm Open Fitness- M	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	9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka Club 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	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	9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club 1:30pm S Sneakers Yoga-M	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	8 am – 4 pm Open Fitness -M
21	22	23	24	25	26	27
	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	9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka Club 11:15 am Indoor Cycling 1:30pm SS Yoga - M	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	9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club 1:30pm S Sneakers Yoga-M	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 Line Dance-O 1:00 pm Int. Line Dance- M	8 am – 4 pm Open Fitness -M
28	29	30	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.	
8 am – 4 pm Open Fitness-M 1-4 pm Independent Living Open House	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	9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M 10:00 am Walka Walka Club 11:15 am Indoor Cycling 1:30pm SS Yoga - M 2:00 pm AAA Medications and Driving: banquet room			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	

Franciscan Center April 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>	1	<p>2</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>3</p> <p>11:30 am Aqua Gym –M</p>	4	5	<p>6</p> <p>8 am-4 pm Open Swim- M</p>
<p>7</p> <p>8 am-4 pm Open Swim- M</p>	8	<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>	11	12	<p>13</p> <p>8 am-4 pm Open Swim- M</p>
<p>14</p> <p>8 am-4 pm Open Swim- M</p>	15	<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>	18	19	<p>20</p> <p>8 am-4 pm Open Swim- M</p>
<p>21</p>  <p>CLOSED</p>	22	<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>	25	26	<p>27</p> <p>8 am-4 pm Open Swim- M</p>
<p>28</p> <p>8 am-4 pm Open Swim- M</p>	29	<p>30</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>			<div> <p>Legend:</p> <p>BLACK: Beginner</p> <p>BLUE: Intermediate</p> </div>	