


# The Franciscan Center May 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	<b>M (Member):</b> Classes are open to Franciscan Center Paying Members, Silver Sneakers, AARP/UHC and Silver & Ft 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		1 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	2 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	3 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	4 8 am – 4 pm Open Fitness- M
5 8 am – 4 pm Open Fitness- M	6 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health -M 12:30 pm- 30 min. Core-M 1:00 Cross Training-M	7 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M 2:00 Mindful Living Presentation	8 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	9 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 1:30pm S Sneakers Yoga-M	10 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	11 8 am – 4 pm Open Fitness- M
12 8 am – 4 pm Open Fitness- M	13 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health –M 12:30 pm- 30 min. Core-M 1:00 Cross Training-M	14 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	15 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-CANCEL	16 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 2:00 pm The Changing Political Landscape in America Presentation	17 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	18 8 am – 4 pm Open Fitness –M
19 8 am – 4 pm Open Fitness- M	20 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health–M 12:30 pm- 30 min. Core-M 1:00 Cross Training-M	21 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	22 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	23 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 6:00 pm Dayton History Presentation: Charles F. Kettering	24 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 2:00 AAA Presentation	25 8 am – 4 pm Open Fitness –M  *Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.
26 8 am – 4 pm Open Fitness-M	27  <b>CLOSED</b>	28 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	29 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	30 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 4:00 pm Summer at St. Leonard Music Series	31 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	Legend Black: Beginner Blue: Intermediate

# The Franciscan Center May 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>11:30 am Aqua Gym –M</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>8 am-4 pm Open Swim- M</p>
<p>5</p> <p>8 am-4 pm Open Swim- M</p>	<p>6</p> <p>10:30 am Aqua Gym –M</p>	<p>7</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>8</p> <p>11:30 am Aqua Gym –M</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>8 am-4 pm Open Swim- M</p>
<p>12</p> <p>8 am-4 pm Open Swim- M</p>	<p>13</p> <p>10:30 am Aqua Gym –M</p>	<p>14</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>15</p> <p>11:30 am Aqua Gym –M</p>	<p>16</p> <p>11:30 am Water Aerobics</p>	<p>17</p>	<p>18</p> <p>8 am-4 pm Open Swim- M</p>
<p>19</p> <p>8 am-4 pm Open Swim- M</p>	<p>20</p> <p>10:30 am Aqua Gym –M</p>	<p>21</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>22</p> <p>11:30 am Aqua Gym –M</p>	<p>23</p> <p>11:30 am Water Aerobics</p>	<p>24</p>	<p>25</p> <p>8 am-4 pm Open Swim- M</p>
<p>26</p> <p>8 am-4 pm Open Swim- M</p>	<p>27</p>  <p><b>CLOSED</b></p>	<p>28</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>29</p> <p>11:30 am Aqua Gym –M</p>	<p>30</p> <p>11:30 am Water Aerobics</p>	<p>31</p>	