

# The Franciscan Center June 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 11:00 – 1:30 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 am – 4 pm Open Fitness- M
2  8 am – 4 pm Open Fitness- M	3  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	4  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka Club-O 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	5  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	6  9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club-O 11:30 am Zumba Gold- M 1:30pm S Sneakers Yoga-M	7  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 7:00 pm free concert on the lawn Generations Big Band	8  8 am – 4 pm Open Fitness- M  5K registration at 7:30 am
9  8 am – 4 pm Open Fitness- M	10  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	11  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka Club-O 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M 2:00 Enhancing Vitality seminar	12  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	13  9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club-O 11:30 am Zumba Gold -M 1:30pm S Sneakers Yoga-M St. Leonard Annual Garage Sale 9:00-4:00	14  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 St. Leonard Annual Garage Sale 9:00-2:00	15  8 am – 4 pm Open Fitness –M
16  8 am – 4 pm Open Fitness- M	17  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	18  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka Club-O 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	19  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	20  9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club-O 11:30 am Zumba Gold - M 1:30pm S Sneakers Yoga-M	21  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 Longest Day Event SDR parking lot food trucks	22  8 am – 4 pm Open Fitness –M  Miami Valley Car Club Cruise-In 10:00- 2:00
23  8 am – 4 pm Open Fitness-M  30  8 am – 4 pm Open Fitness-M	24  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	25  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka Club-O 11:15 am Indoor Cycling-M 1:30pm SS Yoga-M	26  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	27  9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka Club-O 11:30 am Zumba Gold -M 1:30pm S Sneakers Yoga-M 4:00 Summer at St. Leonard Music Edde Osborne	28  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	29  8 am – 4 pm Open Fitness –M

# The Franciscan Center June 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>					<p>1</p> <p>8 am-4 pm Open Swim- M</p>
<p>2</p> <p>8 am-4 pm Open Swim- M</p>	<p>3</p> <p>10:30 am Aqua Gym –M</p>	<p>4</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>5</p> <p>11:30 am Aqua Gym –M</p>	<p>6</p> <p>11:30 am Water Aerobics</p>	<p>7</p>	<p>8</p> <p>8 am-4 pm Open Swim- M</p>
<p>9</p> <p>8 am-4 pm Open Swim- M</p>	<p>10</p> <p>10:30 am Aqua Gym –M</p>	<p>11</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>12</p> <p>11:30 am Aqua Gym –M</p>	<p>13</p> <p>11:30 am Water Aerobics</p>	<p>14</p>	<p>15</p> <p>8 am-4 pm Open Swim- M</p>
<p>16</p> <p>8 am-4 pm Open Swim- M</p>	<p>17</p> <p>10:30 am Aqua Gym –M</p>	<p>18</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>19</p> <p>11:30 am Aqua Gym –M</p>	<p>20</p> <p>11:30 am Water Aerobics</p>	<p>21</p>	<p>22</p> <p>8 am-4 pm Open Swim- M</p>
<p>23</p> <p>8 am-4 pm Open Swim- M</p> <p>30</p> <p>8 am-4 pm Open Swim- M</p>	<p>24</p> <p>10:30 am Aqua Gym –M</p>	<p>25</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>26</p> <p>11:30 am Aqua Gym –M</p>	<p>27</p> <p>11:30 am Water Aerobics</p>	<p>28</p>	<p>29</p> <p>8 am-4 pm Open Swim- M</p>