

The Franciscan Center November 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
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		*Sign-up for both Wednesday and Friday Weight/Strength Training classes will be available following the class of the previous week.	*Fitness Room/cardio equipment are reserved from 11 am to 1:30 pm Wednesdays for weight training classes.		1 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30 am Women's Strength Training-M 1:00 pm Beginning Line Dancing- O	2 8 am – 4 pm Open Fitness- M
3 8 am – 4 pm Open Fitness- M	4 8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm SS Yoga-M	5 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi 10:00 am Walka Walka Club-O 11:30 am SS Circuit -M	6 8 am Silver Sneakers Classic-M 11:15 am Weight Training -M *Sign Up Required 12:00 pm Balance & Stability –M 12:30 pm Weight Training – M 1:30pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M	7 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	8 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M 1:00 pm Beginning Line Dancing- O	9 8 am – 4 pm Open Fitness- M
10 8 am – 4 pm Open Fitness- M	11 8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm SS Yoga-M	12 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 11:30 am SS Circuit -M	13 8 am Silver Sneakers Classic-M 11:15 am Weight Training -M *Sign Up Required 12:00 pm Balance & Stability –M 12:30 pm Weight Training – M 1:30pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M 6:00 Dr. Pugar Alzheimer's Talk	14 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 2:00 St. Leonard Chapel Art and History Tour	15 Kreative Korner Bazaar 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M 1:00 pm Beginning Line Dancing- O	16 8 am – 4 pm Open Fitness –M Kreative Korner Bazaar
17 8 am – 4 pm Open Fitness- M	18 8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm SS Yoga-M	19 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am SS Circuit-M	20 8 am Silver Sneakers Classic-M 11:15 am Weight Training -M *Sign Up Required 12:00 pm Balance & Stability –M 12:30 pm Weight Training – M 1:30pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M	21 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold - M	22 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M 1:00 pm Beginning Line Dancing- O	23 8 am – 4 pm Open Fitness –M 10:00 am The Nutcracker Performing Arts Center
24 8 am – 4 pm Open Fitness-M Legend Black: Beginner Blue: Intermediate	25 8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm SS Yoga-M	26 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 11:30 am SS Circuit-M	27 8 am Silver Sneakers Classic-M 11:15 am Weight Training -M *Sign Up Required 12:00 pm Balance & Stability –M 12:30 pm Weight Training –M 1:30pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M	28 Thanksgiving- Closed	29 8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M 1:00 pm Beginning Line Dancing- O	30 8 am – 4 pm Open Fitness –M

The Franciscan Center November 2019 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Legend Black: Beginner Blue: Intermediate	<div> The lap pool is available for Open Swim throughout the day when there is no class in session </div>			1 11:30 am Water Aerobics	2 8 am-4 pm Open Swim- M
3 8 am-4 pm Open Swim- M	4 10:30 am Aqua Gym –M	5 12:30 pm Movement to Music-O	6	7 11:30 am Water Aerobics	8 11:30 am Water Aerobics	9 8 am-4 pm Open Swim- M
10 8 am-4 pm Open Swim- M	11 10:30 am Aqua Gym –M	12 12:30 pm Movement to Music-O	13	14 11:30 am Water Aerobics	15 11:30 am Water Aerobics	16 8 am-4 pm Open Swim- M
17 8 am-4 pm Open Swim- M	18 10:30 am Aqua Gym –M	22 12:30 pm Movement to Music-O	20	21 11:30 am Water Aerobics	22 11:30 am Water Aerobics	23 8 am-4 pm Open Swim- M
2 8 am-4 pm Open Swim- M	25 10:30 am Aqua Gym –M	26 12:30 pm Movement to Music-O	27	28 Thanksgiving- Center Closed	29 11:30 am Water Aerobics	30