


The Franciscan Center July 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	1 8:30 am S Sneakers Classic-M CANCELLED 10:00 am Yoga for Bone Health -M CANCELLED 12:30 pm- 30 min. Core-M 1:00 Cross Training-M	2 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 1:30pm SS Yoga-M CANCELLED	3 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 CANCELLED 6:00 pm Indoor Cycling-M	4  CLOSED	5 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	6 8 am – 4 pm <div> Legend Black: Beginner Blue: Intermediate </div>
7 8 am – 4 pm Open Fitness- M	8 8:30 am S Sneakers Classic-M CANCELLED 10:00 am Yoga for Bone Health -M CANCELLED 12:30 pm- 30 min. Core-M 1:00 Cross Training-M	9 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi CANCELLED 10:00 am Walka Walka Club-O 11:30 am SS Circuit -M 1:30pm SS Yoga-M 6:00 Dr. Dann Shoulder Arthritis	10 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	11 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O CANCELLED 10:00 am Walka Walka Club-O 11:30 am Zumba Gold- M 1:30pm S Sneakers Yoga-M	12 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	13 8 am – 4 pm Open Fitness- M
14 8 am – 4 pm Open Fitness- M	15 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	16 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 1:30pm SS Yoga-M 2:00 Patti McCormick Peace Within Presentation	17 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	18 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	19 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	20 8 am – 4 pm Open Fitness -M
21 8 am – 4 pm Open Fitness- M	22 8:30 am S Sneakers Classic-M 10:00 am Yoga for Bone Health-M 12:30 pm- 30 min. Core-M CANCELLED 1:00 Cross Training-M CANCELLED	23 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 CANCELLED 1:30pm SS Yoga-M	24 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M CANCELLED 12:00pm Balance & Stability -M 12:30pm Weight Training - M CANCELLED 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling-M	25 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 Music Series with Concinnity Jazz	26 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	27 8 am – 4 pm Open Fitness -M
28 8 am – 4 pm Open Fitness-M	29 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	30 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 1:30pm SS Yoga-M	31 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	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		*Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.

The Franciscan Center July 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>	<p>1</p> <p>10:30 am Aqua Gym –M</p>	<p>2</p> <p>11:30 am Arthritis Foundation Aquatic Program- M CANCELLED</p> <p>12:30 pm Movement to Music-O</p>	<p>3</p> <p>11:30 am Aqua Gym –M CANCELLED</p>	<p>4</p>  <p>CLOSED</p>	<p>5</p>	<p>6</p> <p>8 am-4 pm Open Swim- M</p>
<p>7</p> <p>8 am-4 pm Open Swim- M</p>	<p>8</p> <p>10:30 am Aqua Gym –M</p>	<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>	<p>11</p> <p>11:30 am Water Aerobics</p>	<p>12</p>	<p>13</p> <p>8 am-4 pm Open Swim- M</p>
<p>14</p> <p>8 am-4 pm Open Swim- M</p>	<p>15</p> <p>10:30 am Aqua Gym –M</p>	<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>	<p>18</p> <p>11:30 am Water Aerobics</p>	<p>19</p>	<p>20</p> <p>8 am-4 pm Open Swim- M</p>
<p>21</p> <p>8 am-4 pm Open Swim- M</p>	<p>22</p> <p>10:30 am Aqua Gym –M CANCELLED</p>	<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>	<p>25</p> <p>11:30 am Water Aerobics</p>	<p>26</p>	<p>27</p> <p>8 am-4 pm Open Swim- M</p>
<p>28</p> <p>8 am-4 pm Open Swim- M</p>	<p>29</p> <p>10:30 am Aqua Gym –M</p>	<p>30</p> <p>11:30 am Arthritis Foundation Aquatic Program- M</p> <p>12:30 pm Movement to Music-O</p>	<p>31</p> <p>11:30 am Aqua Gym –M</p>			<p>Legend: BLACK: Beginner BLUE: Intermediate</p>