

The Franciscan Center October 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 Most classes are 45 minutes long If you have any questions, please call 436-2203		1 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 1:30pm SS Yoga-M 2:00-5:00 Health and Wellness Fair	2 8 am Silver Sneakers Classic-M 9:30 am Yoga Basics-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 6:00 pm Spin and Strength-M	3 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 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*Sign Up Required 1:00 pm Beginning Line Dancing- O 6:00 pm St. Francis Pet Blessing	5 8 am – 4 pm Open Fitness- M
6 8 am – 4 pm Open Fitness- M	7 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	8 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 1:30pm SS Yoga-M	9 8 am Silver Sneakers Classic-M 9:30 am Yoga Basics-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 6:00 pm Spin and Strength-M	10 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	11 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*Sign Up Required 1:00 pm Beginning Line Dancing- O	12 8 am – 4 pm Open Fitness- M
13 8 am – 4 pm Open Fitness- M	14 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	15 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 How to Protect Your Bank Accounts	16 8 am Silver Sneakers Classic-M 9:30 am Yoga Basics-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 6:00 pm Spin and Strength-M	17 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 1:00 Medicare 101: get your questions answered for 2020	18 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*Sign Up Required 1:00 pm Beginning Line Dancing- O	19 8 am – 4 pm Open Fitness –M
20 8 am – 4 pm Open Fitness- M	21 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	22 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	23 8 am Silver Sneakers Classic-M 9:30 am Yoga Basics-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 6:00 pm Spin and Strength-M	24 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	25 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*Sign Up Required 1:00 pm Beginning Line Dancing- O	26 8 am – 4 pm Open Fitness –M
27 8 am – 4 pm Open Fitness-M Legend Black: Beginner Blue: Intermediate	28 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	29 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	30 8 am Silver Sneakers Classic-M 9:30 am Yoga Basics-M 11:00 am Weight Training -M *Sign Up Required 12:00pm Balance & Stability –M 12:30pm Weight Training – M *Sign Up Required 6:00 pm Spin and Strength-M	31 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	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.

The Franciscan Center October 2019 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	2 11:30 am Aqua Gym –M	3 11:30 am Water Aerobics	4	5 8 am-4 pm Open Swim- M
6 8 am-4 pm Open Swim- M	7 10:30 am Aqua Gym –M CANCELLED	8 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	9 11:30 am Aqua Gym –M	10 11:30 am Water Aerobics	11 11:30 am Water Aerobics	12 8 am-4 pm Open Swim- M
13 8 am-4 pm Open Swim- M	14 10:30 am Aqua Gym –M	15 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	16 11:30 am Aqua Gym –M	17 11:30 am Water Aerobics	18 11:30 am Water Aerobics	19 8 am-4 pm Open Swim- M
20 8 am-4 pm Open Swim- M	21 10:30 am Aqua Gym –M	22 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	23 11:30 am Aqua Gym –M	24 11:30 am Water Aerobics	25 11:30 am Water Aerobics	26 8 am-4 pm Open Swim- M
27 8 am-4 pm Open Swim- M	28 10:30 am Aqua Gym –M	29 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O	30 11:30 am Aqua Gym –M	31 11:30 am Aqua Gym –M	The lap pool is available for Open Swim throughout the day when there is no class in session	Legend: BLACK: Beginner BLUE: Intermediate