

# The Franciscan Center September 2019 Fitness, Aerobic & Wellness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open 8 am-4 pm	Open 6:30 am-7:00 pm	Open 6:30 am-7:00 pm	Open 6:30 am-7:00 pm	Open 6:30 am-7:00 pm	Open 6:30 am-7:00 pm	Open 8 am-4 pm
1	2	3	4	5	6	7
8 am – 4 pm Open Fitness- M	 <b>Labor Day</b>	8:30 am Beginner Tai Chi-O <b>10:00 am Int. Tai Chi</b> 10:00 am Walka Walka Club-O 11:30 am SS Circuit -M 1:30pm SS Yoga-M <b>CLOSED</b>	8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00pm Balance & Stability -M 12:30pm Weight Training – M <b>*Sign Up Required</b> 2:00 pm Yoga Basics-M 6:00 pm Indoor Cycling	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 6:30 Sleep Apnea Seminar Chef Patrick rsvp Kelly 432-6549	8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 1:00 pm Beginning Line Dancing- O 3:00 pm Summer Sweets with Chef Patrick rsvp Kelly 432-6549	8 am – 4 pm Open Fitness- M
8	9	10	11	12	13	14
8 am – 4 pm Open Fitness- M	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	8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O <b>10:00 am Int. Tai Chi</b> 10:00 am Walka Walka Club-O 11:30 am SS Circuit -M 1:30pm SS Yoga-M	8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00pm Balance & Stability -M 12:30pm Weight Training – M <b>*Sign Up Required</b> 2:00 pm Yoga Basics-M 6:00 pm Spin and Strength-M	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	8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M* <b>Sign Up Required</b> 1:00 pm Beginning Line Dancing- O	8 am – 4 pm Open Fitness- M
15	16	17	18	19	20	21
8 am – 4 pm Open Fitness- M	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	8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O <b>10:00 am Int. Tai Chi –M</b> 10:00 am Walka Walka Club-O 11:30 am SS Circuit -M 1:30pm SS Yoga-M	8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00pm Balance & Stability -M 12:30pm Weight Training – M <b>*Sign Up Required</b> 2:00 pm Yoga Basics-M 6:00 pm Spin and Strength-M	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	8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M* <b>Sign Up Required</b> 1:00 pm Beginning Line Dancing- O	8 am – 4 pm Open Fitness- M
22	23	24	25	26	27	28
8 am – 4 pm Open Fitness- M	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 6:00 pm Fall Prevention Seminar Dr. James Beegan	8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O <b>10:00 am Int. Tai Chi –M</b> 10:00 am Walka Walka Club-O 11:30 am SS Circuit-M 1:30pm SS Yoga-M	8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00pm Balance & Stability -M 12:30pm Weight Training – M <b>*Sign Up Required</b> 2:00 pm Yoga Basics-M 6:00 pm Spin and Strength-M	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	8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Women's Strength Training-M* <b>Sign Up Required</b> 1:00 pm Beginning Line Dancing- O	8 am – 4 pm Open Fitness- M
29	30		<b>Legend</b> Black: Beginner Blue: Intermediate			<b>*Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.</b>
						<b>M (Member): Classes are open to Franciscan Center Paying Members, Silver Sneakers, AARP/UHC and Silver &amp; Fit Members Only</b> <b>O (Open): Open to all Franciscan Center Members, St. Leonard residents &amp; 55+ age public</b> <b>Most classes are 45 minutes long</b> <b>If you have any questions, please call 436-2203</b>

# The Franciscan Center September 2019 Pool Schedule

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