
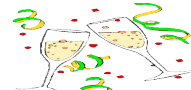


The Franciscan Center December 2019 Fitness, Aerobic & Wellness Schedule

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
1 8 am – 4 pm Open Fitness- M	2 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	3 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi 11:30 am SS Circuit –M 7:00 pm Dayton Area Harp Ensemble Concert in the Chapel. Rree event	4 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 1:30 pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M	5 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M	6 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 7:00 pm Angel Vigil in the Chapel	7 8 am – 4 pm Open Fitness- M
8 8 am – 4 pm Open Fitness- M	9 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	10 8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi 11:30 am SS Circuit -M	11 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 1:30 pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M Cancelled	12 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M	13 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	14 8 am – 4 pm Open Fitness- M
15 8 am – 4 pm Open Fitness- M	16 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	17 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	18 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 1:30 pm S Sneakers Yoga-M 6:00 pm Spin and Strength-M	19 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold -M	20 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	21 8 am – 4 pm Open Fitness –M
22 8 am – 4 pm Open Fitness- M	23 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	24 Classes Cancelled Franciscan Center Closed	25 Christmas Day Franciscan Center Closed 	26 Franciscan Center Open 8-4 pm No Classes	27 Franciscan Center Open 8-4 pm No Classes	28 8 am – 4 pm Open Fitness –M
29 8 am – 4 pm Open Fitness-M Legend Black: Beginner Blue: Intermediate	30 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	31 Classes Cancelled Franciscan Center Open 8-12 pm 	*Fitness Room/cardio equipment are reserved from 11 am to 1:30 pm Wednesdays for weight training classes.	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		

The Franciscan Center December 2019 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8 am-4 pm Open Swim- M	2 10:30 am Aqua Gym –M	3 12:30 pm Movement to Music-O	4 Open Swim- M	5 11:30 am Water Aerobics	6 11:30 am Water Aerobics	7 8 am-4 pm Open Swim- M
8 8 am-4 pm Open Swim- M	9 10:30 am Aqua Gym –M	10 12:30 pm Movement to Music-O	11 Open Swim- M	12 11:30 am Water Aerobics	13 11:30 am Water Aerobics	14 8 am-4 pm Open Swim- M
15 8 am-4 pm Open Swim- M	16 10:30 am Aqua Gym –M	17 12:30 pm Movement to Music-O	18 Open Swim- M	19 11:30 am Water Aerobics	20 11:30 am Water Aerobics	21 8 am-4 pm Open Swim- M
22 8 am-4 pm Open Swim- M	23 10:30 am Aqua Gym –M	24 Franciscan Center Closed	25 Christmas Day Franciscan Center Closed 	26 11:30 am Water Aerobics Cancelled 8 am-4 pm Open Swim- M	27 11:30 am Water Aerobics Cancelled 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	31 Franciscan Center Open 8-12 pm No Classes			<div> The lap pool is available for Open Swim throughout the day when there is no class in session </div>	Legend Black: Beginner Blue: Intermediate