


The Franciscan Center January 2020 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
<p>*Fitness Room/cardio equipment are reserved from 11 am to 1:30 pm Wednesdays for weight training classes.</p>	<p>M (Member): Classes are open to Franciscan Center Paying Members, Silver Sneakers, AARP/UHC and Silver&Fit Members Only</p> <p>O (Open): Open to all Franciscan Center Members, St. Leonard residents & 55+ age Public. Most classes are 45 minutes long.</p> <p>If you have any questions, please call 436-2203</p>		<p>1</p>  <p>The Franciscan Center is Closed</p>	<p>2</p> <p>9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M Cancelled</p>	<p>3</p> <p>8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30 am Hybrid Strength-M* 1:00 pm Beginning Line Dancing- O</p>	<p>4</p> <p>8 am – 4 pm Open Fitness- M</p>
<p>5</p> <p>8 am – 4 pm Open Fitness- M</p>	<p>6</p> <p>8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm Chair Yoga-M</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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 Chair Yoga-M 5:00 pm Actively Fit-O 6:00 pm Spin and Strength-M</p>	<p>9</p> <p>9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M Cancelled</p>	<p>10</p> <p>8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30 am Hybrid Strength-M* 1:00 pm Beginning Line Dancing- O</p>	<p>11</p> <p>8 am – 4 pm Open Fitness- M</p>
<p>12</p> <p>8 am – 4 pm Open Fitness- M</p>	<p>13</p> <p>8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm Chair Yoga-M</p>	<p>14</p> <p>8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi -M Cancelled 11:30 am SS Circuit -M</p>	<p>15</p> <p>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 Chair Yoga-M 5:00 pm Actively Fit-O 6:00 pm Spin and Strength-M</p>	<p>16</p> <p>9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O Cancelled 11:30 am Zumba Gold -M</p>	<p>17</p> <p>8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30 am Hybrid Strength-M* 1:00 pm Beginning Line Dancing- O</p>	<p>18</p> <p>8 am – 4 pm Open Fitness -M</p>
<p>19</p> <p>8 am – 4 pm Open Fitness- M</p>	<p>20</p> <p>8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm Chair Yoga-M 1:00 Dr. Martin Luther King Jr Presentation in the Performing Arts Center</p>	<p>21</p> <p>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</p>	<p>22</p> <p>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 Chair Yoga-M 5:00 pm Actively Fit-O 6:00 pm Spin and Strength-M</p>	<p>23</p> <p>9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M</p>	<p>24</p> <p>8:30 am Women's Strength Training-M*Sign Up Required Cancelled 9:30 am Indoor Cycling -M Cancelled 10:30 am Hybrid Strength-M* 1:00 pm Beginning Line</p>	<p>25</p> <p>8 am – 4 pm Open Fitness -M</p>
<p>26</p> <p>8 am – 4 pm Open Fitness-M</p> <p>Legend Black: Beginner Blue: Intermediate</p>	<p>27</p> <p>8:30 am S Sneakers Classic-M 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm Chair Yoga-M</p>	<p>28</p> <p>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</p>	<p>29</p> <p>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 Chair Yoga-M 5:00 pm Actively Fit- O 6:00 pm Spin and Strength-M</p>	<p>30</p> <p>9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M</p>	<p>31</p> <p>8:30 am Women's Strength Training-M*Sign Up Required 9:30 am Indoor Cycling -M 10:30 am Hybrid Strength-M* 1:00 pm Beginning Line Dancing- O</p>	<p>*Fitness Room/cardio equipment are reserved from 10:30 to 11:30 am for Fridays Hybrid Strength class.</p>

The Franciscan Center January 2020 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: Black: Beginner Blue: Intermediate			1  The Franciscan Center is closed.	2 11:30 am Water Aerobics M	3 11:30 am Water Aerobics M	4 8 am-4 pm Open Swim- M
5 8 am-4 pm Open Swim- M	6 10:30 am Aqua Gym –M	7 12:30 pm Movement to Music-O	8 Open Swim- M	9 11:30 am Water Aerobics M	10 11:30 am Water Aerobics M	11 8 am-4 pm Open Swim- M
12 8 am-4 pm Open Swim- M	13 10:30 am Aqua Gym –M	14 12:30 pm Movement to Music-O	15 Open Swim- M	16 11:30 am Water Aerobics M	17 11:30 am Water Aerobics M	18 8 am-4 pm Open Swim- M
19 8 am-4 pm Open Swim- M	20 10:30 am Aqua Gym –M	21 12:30 pm Movement to Music-O	22 Open Swim- M	23 11:30 am Water Aerobics M	24 11:30 am Water Aerobics M Cancelled	25 8 am-4 pm Open Swim- M
26 8 am-4 pm Open Swim- M	27 10:30 am Aqua Gym –M	28 12:30 pm Movement to Music-O	29 Open Swim- M	30 11:30 am Water Aerobics M	31 11:30 am Water Aerobics M	