

# The Franciscan Center February 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
<b>Legend</b> <b>Black:</b> <b>Beginner</b> <b>Blue:</b> <b>Intermediate</b>	<b>M (Member):</b> Classes are open to Franciscan Center Paying Members, Silver Sneakers, Medicare Advantage and Renew Active Insurance programs. <b>O (Open):</b> 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		<b>*Fitness Room/cardio equipment is reserved from 11 am to 1:30 pm</b> <b>Wednesdays</b> for weight training classes. <b>10:30 to 11:30 am</b> for <b>Fridays</b> Hybrid Strength class.			<b>1</b> 8 am – 4 pm Open Fitness- M
<b>2</b> 8 am – 4 pm Open Fitness- M	<b>3</b> 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	<b>4</b> 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  6:00 pm Dr. Harvey Hahn speaks on Heart Health. Free event	<b>5</b> 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 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	<b>6</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M	<b>7</b> 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Hybrid Strength-M* 12:15 pm Intro Line Dance-O 1 pm Beg. Line Dance- O 2 pm Inter. Line Dance-O	<b>8</b> 8 am – 4 pm Open Fitness- M
<b>9</b> 8 am – 4 pm Open Fitness- M	<b>10</b> 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  2:30-4:30 pm Healthy U Chronic Disease Workshop: sign up required	<b>11</b> 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	<b>12</b> 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 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	<b>13</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold -M	<b>14</b> 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> <b>Cancelled</b> 9:30 am Indoor Cycling –M <b>Cancelled</b> 10:30 am Hybrid Strength-M* 12:15 pm Intro Line Dance 1 pm Beg. Line/2pm Inter. Line	<b>15</b> 8 am – 4 pm Open Fitness –M
<b>16</b> 8 am – 4 pm Open Fitness- M	<b>17</b> 8:30 am S Sneakers Classic-M <b>Cancelled</b> 11:30 am- 30 min. Core-M 12:00 pm Cross Training-M 1:30 pm Chair Yoga-M <b>Cancelled</b>	<b>18</b> 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	<b>19</b> 8 am Silver Sneakers Classic-M 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00 pm Balance & Stability –M 12:30 pm Weight Training – M 1:30 pm Chair Yoga-M <b>Cancelled</b> 6:00 pm Spin and Strength-M	<b>20</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M  6:30 pm Jim Charters speaks on the 1913 Dayton Flood	<b>21</b> 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Hybrid Strength-M* 12:15 pm Intro Line Dance-O 1 pm Beg. Line Dance- O 2 pm Inter. Line Dance-O	<b>22</b> 8 am – 4 pm Open Fitness –M
<b>23</b> 8 am – 4 pm Open Fitness-M  Day of Caring Pancake Breakfast at The Station House	<b>24</b> 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	<b>25</b> 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	<b>26</b> 8 am Silver Sneakers Classic 11:00 am Weight Training -M <b>*Sign Up Required</b> 12:00 pm Balance & Stability –M 12:30 pm Weight Training – M 1:30 pm Chair Yoga-M 6:00 pm Spin and Strength-M	<b>27</b> 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M  3:30 pm Happy Hour Trivia at The Station House	<b>28</b> 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30 am Hybrid Strength-M* 12:15 Intro Line Dance-O 1 pm Beg. Line Dance- O 2 pm Inter. Line Dance-O	<b>29</b>

# The Franciscan Center February 2020 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Legend:</b>  <b>Black:</b> Beginner <b>Blue:</b> Intermediate		<b>The Lap Pool is available for Open Swim throughout the day when there are no classes in session</b>				<b>1</b>  8 am-4 pm Open Swim- M
<b>2</b>  8 am-4 pm Open Swim- M	<b>3</b>  10:30 am Aqua Gym –M	<b>4</b>  12:30 pm Movement to Music	<b>5</b>  Open Swim- M	<b>6</b>  11:30 am Water Aerobics M	<b>7</b>  11:30 am Water Aerobics -M	<b>8</b>  8 am-4 pm Open Swim- M
<b>9</b>  8 am-4 pm Open Swim- M	<b>10</b>  10:30 am Aqua Gym –M	<b>11</b>  12:30 pm Movement to Music	<b>12</b>  Open Swim- M	<b>13</b>  11:30 am Water Aerobics M Cancelled	<b>14</b>  11:30 am Water Aerobics -M Cancelled	<b>15</b>  8 am-4 pm Open Swim- M
<b>16</b>  8 am-4 pm Open Swim- M	<b>17</b>  10:30 am Aqua Gym –M Cancelled	<b>18</b>  12:30 pm Movement to Music	<b>19</b>  Open Swim- M	<b>20</b>  11:30 am Water Aerobics M	<b>21</b>  11:30 am Water Aerobics -M	<b>22</b>  8 am-4 pm Open Swim- M
<b>23</b>  8 am-4 pm Open Swim- M	<b>24</b>  10:30 am Aqua Gym –M	<b>25</b>  12:30 pm Movement to Music	<b>26</b>  Open Swim- M	<b>27</b>  11:30 am Water Aerobics M	<b>28</b>  11:30 am Water Aerobics -M	<b>29</b>  8 am-4 pm Open Swim- M