

# The Franciscan Center March 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
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 Chair Yoga-M	3  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi-M  4:00 pm Craft Beer Tasting	4  8 am Silver Sneakers Classic-M 11:00 am Weight Training -M *Sign Up Required 12:00 pm SS Balance & Stability 12:30 pm Weight Training – M 1:30 pm Chair Yoga-M 6:00 pm Spin and Strength -M 6:00 pm Downsizing Roadmap Seminar	5  9:00 am Int. Tai Chi-M 10:00 am Beginner Tai Chi-O 11:30 am Zumba Gold- M  7:00 pm Sleeping Beauty Performing Arts Center	6 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30am Hybrid Strength-M* 12:15 pm Intro Line Dance-O 1 pm Beg. Line Dance- O 2 pm Inter. Line Dance-O	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 Chair Yoga-M	10  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi-M	11 8 am S Sneakers Classic-M 11:00 am Weight Training -M * <b>Sign Up Required</b> 12:00 pm SS Balance & Stability 12:30 pm Weight Training – M 1:30 pm Chair Yoga-M 6:00 pm Spin and Strength- M 11-1pm Meet and Greet Fitness Staff @TFC	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* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30am Hybrid Strength-M* 12:15 pm Intro Line Dance-O 1 pm Beg. Line Dance- O 2 pm Inter. Line Dance-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 Chair Yoga-M \$\$	17  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M  7:00 pm Dayton Area Harp Ensemble Celtic Performance	18  8 am Silver Sneakers Classic-M 11:00 am Weight Training -M * <b>Sign Up Required</b> 12:00 pm SS Balance & Stability 12:30 pm Weight Training – M 1:30 pm Chair 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 \$\$  6:30 Robert Rogers Mighty in the Land Presentation Performing Arts Center	20 8:00 am Mat Pilates \$\$ 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:3 am Hybrid Strength-M* 12:15 pm Intro Line Dance \$\$ 1 pm Beg. Line/2pm Inter. 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 Chair Yoga-M \$\$	24  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M	25  8 am Silver Sneakers Classic-M 11:00 am Weight Training -M * <b>Sign Up Required</b> 12:00 pm SS Balance & Stability 12:30 pm Weight Training – M 1:30 pm Chair Yoga-M \$\$ 6:00 pm Spin and Strength-M	26  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 6:00 Dr. Novick speaks on Liver Disease	27 8:00 am Mat Pilates \$\$ 8:30 am Women's Strength Training-M* <b>Sign Up Required</b> 9:30 am Indoor Cycling –M 10:30am Hybrid Strength-M* 12:15 pm Intro Line Dance- \$ 1 pm Beg. Line/2pm Inter. \$\$ 2 pm Inter. Line Dance-O \$\$	28  8 am – 4 pm Open Fitness –M
29  8 am – 4 pm Open Fitness-M	30  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 \$\$	31  8:30 am Beginner Tai Chi-O 9:15 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M	Legend Black: Beginner Blue: Intermediate  \$\$- Fee Based Classes	*Fitness Room/cardio equipment <b>is reserved</b> from <b>11 am to 1:30 pm</b> <b>Wednesdays</b> for weight training classes. <b>10:30 to 11:30 am for</b> <b>Fridays Hybrid Strength*</b>	M (Member): Classes are open to Franciscan Center Paying Members, Silver Sneakers, Medicare Advantage and Renew Active Insurance programs, St. Leonard residents & 55+ age community. Most classes are 45 minutes long. If you have any questions, please call 436-2203	

# The Franciscan Center March 2020 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 8 am-4 pm Open Swim	<b>2</b> 10:30 am Aqua Gym *sign up required	<b>3</b> 11:30 am Movement to Music	<b>4</b> Open Swim	<b>5</b> 11:30 am Water Aerobics	<b>6</b> 11:30 am Water Aerobics	<b>7</b> 8 am-4 pm Open Swim
<b>8</b> 8 am-4 pm Open Swim	<b>9</b> 10:30 am Aqua Gym *sign up required	<b>10</b> 11:30 am Movement to Music	<b>11</b> Open Swim	<b>12</b> 11:30 am Water Aerobics	<b>13</b> 11:30 am Water Aerobics	<b>14</b> 8 am-4 pm Open Swim
<b>15</b> 8 am-4 pm Open Swim	<b>16</b> 10:30 am Aqua Gym *sign up required	<b>17</b> 11:30 am Movement to Music	<b>18</b> 9:00 am Aqua Zumba \$\$	<b>19</b> 11:30 am Water Aerobics	<b>20</b> 11:30 am Water Aerobics	<b>21</b> 8 am-4 pm Open Swim
<b>22</b> 8 am-4 pm Open Swim	<b>23</b> 10:30 am Aqua Gym *sign up required	<b>24</b> 11:30 am Movement to Music	<b>25</b> 9:00 am Aqua Zumba \$\$	<b>26</b> 11:30 am Water Aerobics	<b>27</b> 11:30 am Water Aerobics	<b>28</b> 8 am-4 pm Open Swim
<b>29</b> 8 am-4 pm Open Swim	<b>30</b> 10:30 am Aqua Gym *sign up required	<b>31</b> 11:30 am Movement to Music	The Lap Pool is available for Open Swim throughout the day when there are no classes in session	*Sign up Required- Class size is limited due to space and class formatting. Members can sign up for following week at the end of class time or by calling the front desk for reservations at (937) 436-2203.	<b>Legend:</b> <b>Black: Beginner</b> <b>Blue: Intermediate</b> <b>\$\$ Fee Based Class</b>	