

# The Hemsworth Wellness Center Class Schedule



<p>Monday <u>7 am - 5 pm</u></p>	<p>Tuesday <u>7 am - 5 pm</u></p>	<p>Wednesday <u>7 am - 5 pm</u></p>	<p>Thursday <u>7 am - 5 pm</u></p>	<p>Friday <u>7 am - 3 pm</u></p>	<p>Saturday <u>8:30 am - 12:30pm</u></p>
<p><b><u>Land</u></b> Senior Fitness Appointments 8:00 - 4:00</p>	<p><b><u>Land</u></b> Senior Fitness Appointments 8:00 - 4:00</p>	<p><b><u>Land</u></b> Senior Fitness Appointments 8:00 - 4:00</p>	<p><b><u>Land</u></b> Senior Fitness Appointments 8:00 - 4:00</p>	<p><b><u>Land</u></b> Senior Fitness Appointments 8:30 - 2:00</p>	<p><b><u>Land</u></b> Independent Work Out</p>
<p>9:30 Energize</p>	<p>9:30 Circuit</p>	<p>9:30 Energize</p>	<p>9:30 Circuit</p>		
<p>12:00 Mindful Movements</p>	<p>2:00 Calming Energy (12 weeks only) (11/10 to 1/14)</p>				
<p><b><u>Water</u></b> 9:30 Aqua Aerobics</p>	<p><b><u>Water</u></b> 10:30 Aqua Combo</p>	<p><b><u>Water</u></b> 9:30 Aqua Aerobics</p>	<p><b><u>Water</u></b> 10:30 Aqua Combo</p>	<p><b><u>Water</u></b> 9:30 Aqua Aerobics</p>	<p><b><u>Water</u></b> Open Swim</p>
<p>10:30 Joyful Joints</p>	<p>11:30 Tranquil Motion</p>	<p>10:30 Joyful Joints</p>	<p>11:30 Tranquil Motion</p>	<p>10:30 Joyful Joints</p>	
<p>5:00 Aqua Aerobics</p>	<p>1:00 H2O Volleyball</p>	<p>5:00 Aqua Aerobics</p>	<p>4:15 Aqua Pilates</p>		
<p>4:15 HydroPower</p> <p><i>Revised 10/09</i></p>					
<p><i>The Wellness Center Pool Closes Daily 30 Minutes Prior to Facility Closing. Questions please call 782-4340</i></p>					