

The Hemsworth Wellness Center

*SS Classic, SS Yoga and SS Splash are Silver Sneakers Classes that are FREE to Silver Sneakers Members
To Access ALL classes, Silver Sneakers Members must upgrade to Silver Sneakers PLUS
(Single) \$20/Monthly or (Couple) \$30/Monthly

MONDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

9:30 - SS CIRCUIT
10:30 - SS CLASSIC
1:30 - TAI CHI

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS

TUESDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

8:30 - FLEX & FIRM
10:00 - SS YOGA
11:00 - ENERGIZE
1:30 - ACTIVE W/ ARTHRITIS

POOL

10:30 - LIQUID MAGIC
11:30 - AI CHI
1:00 - WATER VOLLEYBALL
2:30 - SS - SILVER SPLASH

WEDNESDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

9:30 - SS CIRCUIT
10:30 - SS CLASSIC

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS
1:30 - H₂O BALANCE TRAINING
3:00 - Aqua Zumba

THURSDAY - 7:00-5:00PM - POOL CLOSURES @ 4:30

LAND

8:30 - FLEX & FIRM
10:00 - SS YOGA
11:00 - ENERGIZE
1:30 - ACTIVE W/ ARTHRITIS

POOL

10:30 - LIQUID MAGIC
11:30 - AI CHI
2:30 - SS - SILVER SPLASH

FRIDAY - 7:00-3:00PM - POOL CLOSURES @ 2:30

LAND

10:30 - SS CLASSIC
1:30 - TAI CHI

POOL

9:30 - AQUA AEROBICS
10:30 - JOYFUL JOINTS

SATURDAY - 8:30AM-12:30PM - POOL CLOSURES @ 12:00

FITNESS ROOM OPEN

OPEN SWIMMING



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WWW.FACEBOOK.COM/THEHEMSWORTHWELLNESSCENTER

