


VITALITY CENTER CLASSES

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
TIME** ADVANCED EXERCISE TUESDAYS AND THURSDAYS AT 1:45 PM** Weights, Yoga moves, floor exercise and much more! 	*SENIOR FITNESS TEST *1 ON 1'S by Appt. Only Call ext. 4011 PERSONAL TRAINING BY APPOINTMENT TUESDAYS AND THURSDAYS MON., WED., & FRI. 7:30-8:30am	POOL CLOSED FOR MAINTENANCE 	BEAT THE HEAT Hottest period of the day is between 11:00am-4:00pm Always avoid direct sun & HEAT! Close windows/blinds/drapes Minimize outdoor activities Eat small meals-Avoid fats proteins, sugars and Alcohol	Wear loose fitting light weight clothing. Stay indoors Turn off lights. Lights create heat. Use cool damp towels on wrists and the back of the neck. A Heat Stroke is life threatening!	1 7:30-8:30 1on1 Training by APPT 10:00 Sit, Stretch & Tone 11:00 Cardio Tone 3:00-4:30 Open Wii Bowling	2 10:30-4:00 Open Wii Bowling	
	3	4	5	6	7	8	9
	10:30-4:00 Open Wii Bowling	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	7:30-8:30 1on1 Training by APPT	10:30-4:00 Open Wii Bowling
		9:00 Let' Go For A Walk!	10:00 Sit, Stretch & Tone	9:00 Let' Go For A Walk!	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	
		10:00 Sit, Stretch & Tone	11:00 Chair Aerobics	10:00 Sit, Stretch & Tone	11:00 Brain Fitness	11:00 Cardio Tone	
		11:00 Stretch, Stand & Lift	1:00 Let' Go For A Walk!	11:00 Gentle Yoga	1:00 Let' Go For A Walk!	3:00-4:30 Open Wii Bowling	
	3:00-4:30 Open Wii Bowling	12:30 Wii Bowling Leagues	2:00 Wii Bowling Leagues	1:45 Advanced Exercise			
		1:45 Advanced Exercise	3:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling			
10	11	12	13	14	15	16	
10:30-4:00 Open Wii Bowling	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am	
	9:00 Let' Go For A Walk!	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim	
	10:00 Sit, Stretch & Tone	11:00 Chair Aerobics	9:00 Water Fitness	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	9:00 Water Walking	
	11:00 Stretch, Stand & Lift	1:00 Let' Go For A Walk!	10:00 Sit, Stretch & Tone	11:00 Brain Fitness	9:00 Water Fitness	10:30-4:00 Open Wii Bowling	
	3:00-4:30 Open Wii Bowling	12:30 Wii Bowling Leagues	11:00 Gentle Yoga	1:00 Water Walking	10:00 Sit, Stretch & Tone		
		1:45 Advanced Exercise	1:00 Park Manor Presentation	1:45 Advanced Exercise	11:00 Cardio Tone		
			2:00 Wii Bowling Leagues	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling		
17	18	19	20	21	22	23	
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am	
6:30-9:00 Open Swim	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	7:30-8:30 1on1 Training by APPT	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim	
9:00 Water Walking	9:00 Water Fitness	10:00 Sit, Stretch & Tone	9:00 Water Fitness	10:00 Sit, Stretch & Tone	7:30-8:30 1on1 Training by APPT	9:00 Water Walking	
10:30-4:00 Open Wii Bowling	10:00 Sit, Stretch & Tone	11:00 Chair Aerobics	10:00 Sit, Stretch & Tone	11:00 Brain Fitness	9:00 Water Fitness	10:30-4:00 Open Wii Bowling	
	11:00 Stretch, Stand & Lift	1:00 Water Walking	11:00 Gentle Yoga	1:00 Water Walking	10:00 Sit, Stretch & Tone		
	3:00-4:30 Open Wii Bowling	12:30 Wii Bowling Leagues	1:30 Water Walking	1:45 Advanced Exercise	11:00 Cardio Tone		
		1:45 Advanced Exercise	2:00 Wii Bowling Leagues	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling		
24	25	26	27	28	29	30	
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am	
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