

VITALITY CENTER CLASSES

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WE ARE ENTERING THE HOLIDAY SEASON! <i>With that comes high calorie, high fat, high sugary foods AND drinks. The coffee drinks that you might be choosing can make up an entire days worth of your calories , not to mention the amount of fat and sugars.</i> HEALTHIER OPTIONS: <i>Choose unsweetened almond milk, 1/2 the amt of chocolate/syrup pumps, skip the whip and order a small size not a super size.</i>			1	2	3
	6:00-9:00 Open Swim	Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:00 am-4:00 pm			
	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim			
	10:00 Sit, Stretch & Tone	9:00 Water Fitness	9:00 Water Walking			
	11:00 Total Bands	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling			
	1:00 Water Walking	11:00 Agility Work				
	1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling				
3:00-4:30 Open Wii Bowling						
4	5	6	7	8	9	10
Pool Hours: 6:30 am-10:30 am	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: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
6:30-9:00 Open Swim	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Cardio	11:00 Stretch & Core	11:00 Total Bands	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	12:00-1:30 Wii Bowling Leagues	1:00 Water Walking	1:00 Water Walking	1:00 Water Walking	11:00 Cardio Tone	
	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise	12:00-1:30 Wii Bowling Leagues	1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	
		12-1:30 Wii Bowling Leagues	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling		
11	12	13	14	15	16	17
Pool Hours: 6:30 am-10:30 am	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: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
6:30-9:00 Open Swim	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness	9:00 Water Walking
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	12:00-1:30 Wii Bowling Leagues	1:45 Advanced Exercise	12:00-1:30 Wii Bowling Leagues	1:00 Water Walking	11:00 Agility Work	
	3:00-4:30 Open Wii Bowling	12:00-1:30 Wii Bowling Leagues	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise	3:00-4:30 Open Wii Bowling	
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
18	19	20	21	22	23	24
Pool Hours: 6:30 am-10:30 am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim		Pool Hours: 6:00 am-4:00 pm	Pool Hours: 6:30 am-10:30 am
6:30-9:00 Open Swim	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness		6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone		9:00 Water Fitness	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Cardio	11:00 Stretch & Core		10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	12:00-1:30 Wii Bowling Leagues	1:00 Water Walking	1:00 Water Walking		11:00 Cardio Tone	
	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise	12:00-1:30 Wii Bowling Leagues		3:00-4:30 Open Wii Bowling	
		12:00-1:30 Wii Bowling Leagues	3:00-4:30 Open Wii Bowling			
25	26	27	28	29	30	*SENIOR FITNESS TESTING *1 ON 1'S by Appt. Only Call ext. 4011 PERSONAL TRAINING BY APPOINTMENT
Pool Hours: 6:30 am-10:30 am	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: 6:00 am-4:00 pm	
6:30-9:00 Open Swim	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	6:00-9:00 Open Swim	
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness	
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