

# VITALITY CENTER CLASSES

# APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
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	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class	7:30 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 Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:30 Supervised Water Walking	1:00 Water Walking	11:00 Cardio Tone	
		1:45 Advanced Exercise	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		
8	9	10	11	12	13	14
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	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class	7:30 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 Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:30 Supervised Water Walking	1:00 Water Walking	11:00 Cardio Tone	
		1:45 Advanced Exercise	2:00 Park Manor-Sit To Be Fit	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	3:00-4:30 Open Wii Bowling		
15	16	17	18	19	20	21
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	9:00 Water Fitness Class	7:30 Advanced Balance	9:00 Water Balance Class	7:30 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 Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	1:00-3:00 Wii Bowling Leagues	1:00 Water Walking	1:00 Arthritis & Joints	1:00 Water Walking	11:00 Cardio Tone	
	3:00-4:30 Open Wii Bowling	1:45 Advanced Exercise	1:00-3:00 Wii Bowling Leagues	1:45 Advanced Exercise	1:00-3:00 Wii Bowling Leagues	
		3:00-4:30 Open Wii Bowling	1:30 Supervised Water Walking	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	
22	23	24	25	26	27	28
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	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class	7:30 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 Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	1:00-3:00 Wii Bowling Leagues	1:00 Water Walking	1:00-3:00 Wii Bowling Leagues	1:00 Water Walking	11:00 Cardio Tone	
		1:45 Advanced Exercise	1:30 Supervised Water Walking	1:45 Advanced Exercise	1:00-3:00 Wii Bowling Leagues	
		3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	
29	30					
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	<b>*SENIOR FITNESS TEST</b> *1 ON 1'S by Appt. Only Call ext. 4011  <b>PERSONAL TRAINING</b> BY APPOINTMENT TUESDAYS AND THURSDAYS	 <b>TIME**</b>  <b>ADVANCED EXERCISE</b> TUESDAYS AND THURSDAYS <b>AT 1:45 PM**</b> Weights, Yoga moves, floor exercise and much more!	<b>Abdominal Breathing Technique</b>  With one hand on the chest and the other on the belly, take a deep breath in the the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: Six to 10 deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure. Keep at it for six to eight weeks and those benefits might stick around even longer		
6:30-9:00 Open Swim	9:00 Water Fitness					
9:00 Water Walking	10:00 Sit, Stretch & Tone					
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift					
	1:00-3:00 Wii Bowling Leagues					