



The Franciscan Center May 2018 Fitness, Aerobic & Wellness Schedule

Sunday Open 8 am-4 pm	Monday Open 6:30 am-7:00 pm	Tuesday Open 6:30 am-7:00 pm	Wednesday Open 6:30 am-7:00 pm	Thursday Open 6:30 am-7:00 pm	Friday Open 6:30 am-7:00 pm	Saturday Open 8 am-4 pm
Weight equipment in the Fitness Room is reserved from 11:30 – 2:00 pm Wednesdays for the Weight Training Classes	*Sign-up for both Weds and Friday Weight/Strength Training classes will be available following the class of the previous week.	1 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka -O 11:30 am Cardio Mix –M 1:30pm SS Yoga-M	2 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M	3 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka -O 1:30pm Silver Sneakers Yoga-M	4 8:30 am Women’s Strength Training–M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women’s Strength Training-M *Sign up Required 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M 6:00 pm Nite at the Races, see front desk for tickets	5 8 am-4 pm Open Fitness- M
6 8 am – 4 pm Open Fitness- M	7 8:30 am S Sneakers Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	8 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka-O 11:30 am Cardio Mix –M 1:30pm SS Yoga-M 2:00 pm Radiant Health presentation	9 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M	10 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	11 8:30 am Women’s Strength Training–M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women’s Strength Training-M *Sign up Required 12:00 pm Beg. Line Dance-O 1:00 pm Int. Line Dance- M	12 8 am – 4 pm Open Fitness- M
13 8 am – 4 pm Open Fitness- M	14 8:30 am Silver Sneakers Classic-M 10:00 am Yoga for Osteoporosis -M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout M	15 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka - O 11:30 am Cardio Mix –M 1:30pm SS Yoga-M	16 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics – M	17 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	18 8:30 am Women’s Strength Training–M*Sign Up Required 9:30 am Indoor Cycling -M 10:30am Women’s Strength Training-M *Sign Up Required 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	19 8 am – 4 pm Open Fitness –M 10:00-3:00 Cruise-In: Franciscan Center parking lot
20 8 am – 4 pm Open Fitness-M	21 8:30 am Silver Sneakers Classic-M 10:00 am Yoga for Osteoporosis –M 12:30 pm 30-Minute Core-M 1:00 pm Total Body Workout-M	22 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka - O 11:30 am Cardio Mix –M 1:30pm Silver Sneakers Yoga – M	23 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M	24 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	25 8:30 am Women’s Strength Training–M 9:30 am Indoor Cycling –M 10:30am Women’s Strength Training-M 12:00 pm Line Dance-O 1:00 pm Int. Line Dance- M	26 8 am – 4 pm Open Fitness –M Legend Black: Beginner Blue: Intermediate
27 8 am – 4 pm Open Fitness-M	28  CLOSED	29 9:00 am Beginner Tai Chi-O 10:00 am Int. Tai Chi –M 10:00 am Walka Walka - O 11:30 am Cardio Mix –M 1:30pm Silver Sneakers Yoga – M	30 8 am Silver Sneakers Classic-M 11:30 am Weight Training -M *Sign Up Required 12:30pm Core Stability Plus -M 1:00pm Weight Training – M *Sign Up Required 2:00 pm Yoga Basics-M	31 9:00 am Int. Tai Chi- M 10:00 am Beginner Tai Chi-O 10:00 am Walka Walka - O 1:30pm Silver Sneakers Yoga-M	M (Member): Classes are open to Franciscan Center Members, Silver Sneakers/ForeverFit, Premier, Optum and Silver & Fit Members Only O (Open): Open to Franciscan Center Members, Silver Sneakers/Forever Fit and Silver & Fit members, St. Leonard residents & non-residents Most classes are 45 minutes long If you have any questions, please call 436-2203	

Franciscan Center May 2018 Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The lap pool is available for Open Swim throughout the day when there is no class in session</p>	<p>Legend Black: Beginner Blue: Intermediate</p>	<p>1 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>2 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M</p>	<p>3 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M</p>	<p>4 12:30pm Water Flexibility-M</p>	<p>5 8 am-4 pm Open Swim- M</p>
<p>6 8 am-4 pm Open Swim- M</p>	<p>7 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p>	<p>8 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>9 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M</p>	<p>10 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M</p>	<p>11 12:30pm Water Flexibility-M</p>	<p>12 8 am-4 pm Open Swim- M</p>
<p>13 8 am-4 pm Open Swim- M</p>	<p>14 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p>	<p>15 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>16 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M</p>	<p>17 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M</p>	<p>18 12:30pm Water Flexibility-M</p>	<p>19 8 am-4 pm Open Swim- M</p>
<p>20 8 am-4 pm Open Swim- M</p>	<p>21 10:30 am Aqua Gym-M 11:30 am Gentle Movement for Healing *MVHS Physician Referral Only</p>	<p>22 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>23 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M</p>	<p>24 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M</p>	<p>25 12:30pm Water Flexibility-M</p>	<p>26 8 am-4 pm Open Swim- M</p>
<p>27 8 am-4 pm Open Swim- M</p>	<p>28  CLOSED</p>	<p>29 11:30 am Arthritis Foundation Aquatic Program- M 12:30 pm Movement to Music-O</p>	<p>30 11:30 am Aqua Gym –M 5: 00 pm Gentle Movement for Healing * MVHS Physician Referral Only 6:00 pm Water Aerobics-M</p>	<p>31 11:30 am Yoga Afloat-M 12:30 pm Water Aerobics-M</p>	<p>*Gentle Movement for Healing is a class for participants with a referral from their doctor at Miami Valley Hospital South Cancer Center only. Therefore, the lap pool will be closed at these times.</p>	