

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

Effective January through December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45 AM Senior Yoga Level C Pavilion	9:00-9:45 AM Level C Circuit Pavilion	9:00 - 9:45 AM Senior Yoga Level C Pavilion	9:00-9:45 AM Level C Circuit Pavilion	
10:15 -10:55 AM Strength and Balance <i>Level B</i>	10:15 -10:55 AM Strength and Balance- Level B	10:15 -10:55 AM Strength and Balance <i>Level B</i>	10:15 -10:55 AM Strength and Balance- Level B	10:15 -10:55 AM Strength and Balance <i>Level B</i>
11:00-11:45 AM Circuit Level C		11:00-11:45 AM Circuit Level C		
	1:00-1:30 PM Level A Strength and Balance		1:00-1:30 PM Level A Strength and Balance	
2:00 - 2:30 PM Sit and be Fit Upper Blumengarten		2:00 - 2:30 PM Flexible Faith Upper Blumengarten		

Level A: This is a more gentle, slower moving exercise. This is for the first time exerciser or those who want limited standing exercises.

Level B: This is a more challenging class for the person who is able to do more standing balance work. We will not be getting up and down off the floor.

Level C: This is our most challenging level and will involve some getting up and down off the ground.

To make an appointment for equipment instruction at the South Campus Wellness Center or for assessments for new residents or any other exercise related issues please call Emily or Rachel at 589-4467.
The Pavilion classes are held at the Muselman Wellness Pavilion and transportation is provided.
The Blumengarten classes are held in the Upper Lounge in the Blumengarten Wing.

