

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

Effective April 5, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45 AM Senior Yoga Pavilion Level B/C	9:00-9:40 AM Level A Strength and Balance	9:00 - 9:45 AM Senior Yoga Pavilion Level B/C	9:00-9:40 AM Level A Strength and Balance	
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>
	11:15-12:00 Circuit Class Level B/C Pavilion		11:15-12:00 Circuit Class Level B/C Pavilion	
2:00 - 2:30 PM Sit and be Fit <i>All</i> <i>Levels</i>	2:00 - 2:30 PM Sit and be Fit <i>All Levels</i>	2:00 - 2:30 PM Flexible Faith - <i>All</i> <i>Levels</i>		

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.

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.