

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

2009

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45 AM Senior Yoga Pavilion	9:00 - 9:45 AM Senior Circuit Pavilion	9:00 - 9:45 AM Senior Yoga Pavilion	9:00 - 9:45 AM Senior Circuit Pavilion	9:00 - 9:45 AM Weight Room Pavilion
10:15 -10:55 AM Strength and Balance <i>Level B</i>	10:15 -10:55 AM Strength and Balance- Level A	10:15 -10:55 AM Strength and Balance <i>Level B</i>	10:15 -10:55 AM Strength and Balance- Level A	10:15 -10:55 AM Strength and Balance <i>Level B</i>
11:00 -11:45 AM Intergenerational Circuit class- <i>Level B & C</i>		11:00 -11:45 AM Circuit Class - <i>Level B & C</i>		
2:00 - 2:30 PM Sit and be Fit <i>All Levels</i>	2:00 - 2:30 PM Sit and be Fit <i>All Levels</i>	2:00 - 2:30 PM Flexible Faith - <i>All Levels</i>		

Level A: For all those who have been placed in Level A classes. This is a more gentle slower moving exercise. This is for the first time exerciser.

Level B: For all those placed in a Level B class. This is a more challenging class more for the person who does some exercise.

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.

