

# SWISS VILLAGE WELLNESS CENTER CLASS SCHEDULE

Effective April 24th, 2006 - July 24th, 2006

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:20 AM Strength and Balance <i>Level A</i>	8:30-9:20 AM Circuit Class <i>Level B &amp; C</i>	8:30-9:20 AM Strength and Balance <i>Level A</i>	8:30-9:20 AM Circuit Class <i>Level B &amp; C</i>	8:30-9:20 AM Strength and Balance <i>Level A</i>
10:00-10:50 AM Strength and Balance <i>Level B</i>	9:30-10:00 AM Inside Walk- Level B	10:00-10:50 AM Strength and Balance <i>Level B</i>	9:30-10:00 AM Inside Walk - Level B	10:00-10:50 AM Strength and Balance <i>Level B</i>
11:00 -11:50 AM Circuit Class - <i>Level B &amp; C</i>	10:15 -11:00 PM Strength and Balance- Level A	11:00 -11:50 AM Circuit Class - <i>Level B&amp; C</i>	10:15 -11:00 PM Strength and Balance- Level A	
	12:00-12:45 PM Supervised Fitness Center		12:00-12:45 PM Supervised Fitness Center	
1:00 - 1:50 PM Flexibility & Balance Class - <i>Level B</i>		1:00 - 1:50 PM Flexibility & Balance Class- <i>Level B</i>		
2:00-2:30 PM Flexibility and Balance - <i>All Levels</i>	2:00-2:30 PM Flexibility and Balance - <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 Wellness Center or for fitness testing for new residents or any other exercise related issues please call Amber or Emily at 589-3173 ext. 367

\*\*All Classes are held in the Wellness Center Room. The spa classes are held at the spa. If you are unaware where the spa is we will be leaving the Wellness Center 10 minutes before the scheduled time for the spa.