

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

2021 * This schedule may change*

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 - 11:00 AM Recorded Ch. 88 Exercise Class Level A/B	10:30 - 11:00 AM Recorded Ch. 88 Exercise Class Level A/B	10:30 - 11:00 AM Recorded Ch. 88 Exercise Class Level A/B	10:30 - 11:00 AM Recorded Ch. 88 Exercise Class Level A/B	10:30 - 11:00 AM Recorded Ch. 88 Exercise Class Level A/B
10:30 - 11:15 AM Circuit Level C SC Wellness	10:15 -10:55 AM Strength/Balance Leve A/ B SC Wellness	10:30 - 11:15 AM Circuit Level C SC Wellness	10:15 -10:55 AM Strength/Balance Level A/ B SC Wellness	
	2:00 - 2:40 PM Strength/ Balance Level B/C SC Wellness		2:00 - 2:40 PM Strength/ Balance Level B/C SC Wellness	

Level A: This is a gentle, slower moving exercise class. 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 or moving around the room to stations.

Level C: This is the most challenging level and may involve getting up and down off the floor, standing balance work and/or strength machines.

The Ch.88 classes are recorded and come through on Ch. 88 to your apartment. All other classes are in the SC Wellness Center. Call 589-4467 with questions or to set up an assessment appointment. An assessment or meeting is necessary before beginning a class or using equipment. Feel free to leave a message. Thank you!