

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

2023

** Updated in January*

Please call and leave a message at 589-4467 for an assessment and an individualized wellness plan prior to starting.

Monday	Tuesday	Wednesday	Thursday	Saturday
	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	10:15 - 10:55 AM Strength/Balance Level A/B	10:30 - 11:15 AM Circuit Level C	10:15 - 10:55 AM Strength/Balance Level A/B	
2:30-3:00 PM Seated Strength Level A <i>Blumengarten</i>		2:30-3:00 PM Seated Strength Level A <i>Blumengarten</i>		1:00-1:30 PM Recorded Ch. 88 Exercise Class Level A/B
	2:00 - 2:45 PM Circuit Level C		2:00 - 2:45 PM Circuit Level C	
Level A: This is a gentle, slower moving exercise class and is seated.				
Level B: This is a more challenging class for the person who is able to do more standing balance work with a bar or chair to hold onto. 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.				
Ch.88 classes are recorded and come through on Ch.88 to your apartment. All other classes are in the SC Wellness Center, except the one class which is labeled Blumengarten. There is a separate schedule for the Muselman Wellness Pavilion classes on the website https://www.swissvillage.org/wellness-pavilion/calendar/ .				