

SWISS VILLAGE SOUTH CAMPUS WELLNESS 2026

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

*** Please check the activities calendar to see if chair yoga is on a particular week or not*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 - 11:15 AM Circuit Level C	10:15 -10:55 AM Strength/Balance Level B	10:30 - 11:15 AM Circuit Level C	10:15 -10:55 AM Strength/Balance Level B		
		**9:30-10 AM Chair Yoga Level A Fun Spot		**9:30 -10 AM Chair Yoga Level A Fun Spot	1:00-1:30 PM Recorded Ch. 5 Exercise Class Level A/B
	2:30-3:00 PM Seated Exercise Level A Blumengarten		2:30-3:00 PM Seated Exercise Level A Blumengarten		
Level A: This is more beginner or modified class with no standing.					
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. 5 Classes: Recorded classes that come through on Ch. 5 to your apartment. All other classes are in the SC Wellness Center, except the one class labeled Blumengarten. There is a separate schedule for Muselman Wellness Pavillion classes on the SV website at SwissVillage.org or you may stop by the SC Wellness Bookshelf.					

- Updated in January