



Group Fitness Schedule

Fall 2021 Session: until December 23rd

Subject to change due to participation, levels of interest, and break weeks.

LAND

WATER

	LAND		WATER	
MONDAY	9:00-9:45AM 1:00-1:45PM 5:30-6:15PM 6:30-7:15PM	Intermediate Yoga SilverSneakers Classic Zumba Interval Blast	8:00-8:45AM 9:30AM-12:30PM	AquaFit Spa closed for cleaning
TUESDAY	8:30-9:00AM 8:45-9:30AM 9:00-9:45AM 4:30-5:15PM 5:30-6:15PM	Blood Pressure Checks Zumba ² Senior Weight Room Simply Strength Stretch & Balance	9:00-9:45AM 9:45-10:15AM 5:30-6:30PM 6:30-7:15PM	Water Walking Water Toning Family Swim Advanced Water Aerobics
WEDNESDAY	9:00-9:45AM 1:00-1:45PM 7:00-8:00PM	Intermediate Yoga SilverSneakers Classic Cardio Hip Hop	8:00-8:45AM	AquaFit
THURSDAY	8:30-9:00AM 9:00-9:45AM 10:00-10:45AM 6:15-7:15PM	Blood Pressure Checks Senior Weight Room Chair Yoga Step & Sculpt	9:00-9:40AM 9:45-10:15AM 10:30-12:00PM 6:00 – 7:00PM	Water Walking Water Toning Family Swim Advanced Water Aerobics
FRIDAY			3:30-5:30PM	Family Swim
SATURDAY	7:00-7:50AM 8:00-8:45AM 9:00-9:45AM	CTS (Cardio, Toning & Strength) Zumba Body Toning	1:30-3:30PM	Family Swim
SUNDAY			3:00-4:30PM	Family Swim

² Zumba will switch from Thursdays to Tuesdays beginning on October 12th.

Class schedule now available online at

<https://www.swissvillage.org/wellness-pavilion/calendar/>

Next break week is Dec. 24th through Jan. 3rd

Winter Fitness Schedule begins on January 4th

Classes are included with membership. Make reservations for **aquatic activities** (not required) through Sign Up Genius (creator email: swissvillage68@gmail.com).

Call 260.589.4496 with questions or email mwp@swissvillage.org.