

# SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER 2024

*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 <b>Ch. 5</b> Exercise <b>Level A/B</b>		10:30 - 11:00 AM Recorded <b>Ch. 5</b> Exercise <b>Level A/B</b>	
10:30 - 11:15 AM Circuit <b>Level C</b>	10:15 -10:55 AM Strength/Balance <b>Level A/B</b>	10:30 - 11:15 AM Circuit <b>Level C</b>	10:15 -10:55 AM Strength/Balance <b>Level A/B</b>	
2:30-3:00 PM Seated In motion <b>Level A</b> <i>Blumengarten</i>			2:30-3:00 PM Seated Exercise <b>Level A</b> <i>Blumengarten</i>	1:00-1:30 PM Recorded <b>Ch. 5</b> Exercise Class <b>Level A/B</b>
	2:00 - 2:45 PM Circuit <b>Level C</b>		2:00 - 2:45 PM Circuit <b>Level C</b>	
<b>Level A:</b> This is a gentle, slower moving exercise class and is seated.				
<b>Level B:</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.				
<b>Level C:</b> This is the most challenging level and may involve getting up and down off the floor, standing balance work and/or strength machines.				
<b>Ch.5</b> classes are recorded and come through on Ch.5 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 SV website at <a href="http://SwissVillage.org">SwissVillage.org</a> or you may stop by the South Campus Wellness Center bookshelf.				

*\* Updated in May*