

SWISS VILLAGE SOUTH CAMPUS WELLNESS CENTER

2019

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:45 AM Senior Yoga Level C Pavilion	9:00-9:45 AM Level C Weight Room Pavilion	9:00 - 9:45 AM Senior Yoga Level C Pavilion	9:00-9:45 AM Level C Weight Room Pavilion	9:00 - 9:30 AM Sit&Be Fit- level A Upper Blumengarten
	10:15 -10:55 AM Strength and Balance- Level B		10:15 -10:55 AM Strength and Balance- Level B	
10:30-11:15 AM Circuit Level C		10:30-11:15 AM Circuit Level C		
2:00 - 2:30 PM Sit&Be Fit-level A Upper Blumengarten	2:00-2:30 PM Strength and Balance Level B/C	2:00 - 2:30 PM Sit&Be Fit- level A Upper Blumengarten	2:00-2:30 PM Strength and Balance Level B/C	

Level A: This is a more gentle, slower moving exercise. 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 our most challenging level and may involve some getting up and down off the ground and standing balance work or strength machines.

To make an appointment with Rachel or Emily please call 589-4467. The Pavilion classes are held at the Muselman Wellness Pavilion. The Blumengarten classes are held in the Upper Blumengarten Lounge. All other classes are held in the South Campus Wellness Center.