



Wellness Center Fitness Class Schedule

Summer 2015

Monday

9:30	SilverSneaker Classic	Commons Community Room
11:00	Strong Balance & Agility	Commons Community Room

Tuesday

8:30	Campus Walk	Village Center Door # 7
9:30	Arthritis Foundation Tai Chi	Wellness Center Exercise Room
10:00	Disc Golf	Disc Golf Course

Wednesday

9:30	SilverSneaker Classic	Commons Community Room
11:00	Strong Balance & Agility	Commons Community Room

Thursday

9:30	Arthritis Foundation Tai Chi	Wellness Center Exercise Room
11:00	Strong Muscle & Bone	Wellness Center Exercise Room

Friday

9:30	SilverSneaker Classic	Commons Community Room
11:00	Pilates/Yoga Mix	Commons Community Room

Wellness Center
717-591-7222

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