Fitness and Strength Training Class Schedule

MESSIAH Lifeways WELLNESS

MON	TUE	WED	THU	FRI
9:00 - 9:45 am Functional Fitness	9:00 - 9:45 am Better Balance and Strength	9:00 - 9:45 am Functional Fitness	9:00 - 9:45 am Better Balance and Strength	9:00 - 9:45 am Functional Fitness
9:00 - 9:45 am Flex n' Flow	10:00 - 11:15 am Chair Volleyball	10:00 - 11:15 am Chair Volleyball	10:00 - 11:15 am Chair Volleyball	10:00 - 11:15 am Chair Volleyball
10:00 - 11:15 am Chair Volleyball	11:30 am - 12:15 pm Move-A-Way Parkinson's Dance	10:30 - 11:15 am Flex n' Flow	11:45 am - 12:30 pm Chair Yoga	10:00 - 11:00 am Walking Club
11:30 am - 12:00 noon Tai Chi Meditation-in-Motion	11:45 am - 12:30 pm Chair Yoga	11:30 am - 12:00 noon Tai Chi Meditation in Motion	2:00 - 3:00 pm Fun & Games	11:30 am - 12:00 noon Agile for Life
12:15 – 1:00 pm Ballroom Dance	1:30 - 2:15 pm Drum Stix	1:00 - 1:30 pm Ready, Set, Go!		1:00 - 3:00 pm Table Tennis
2:00 - 2:45 pm Group Training	1:00 - 3:00 pm Table Tennis	2:30 – 3:00 pm Dance Class		2:00 - 2:45 pm Group Training
3:15 - 4:00 pm Drum Stix				

- Classes offered in the Village Square Fitness Studio
- Meet in the Village Commons Lobby
- Classes offered in the Village Commons Community Room
- Offered as part of the Robust Membership
  Check with Wellness team for location

Effective 10.21.26

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