



EXERCISE CLASS SCHEDULE

QUESTIONS:

Please call
Julie Schmanke,
Wellness Specialist,
at **274-3313.**

PLEASE NOTE:

Those who want to use the Aquatic Center outside of class time, will need to go through an orientation with Wellness Specialist Julie Schmanke.

WELLNESS CENTERS ACRONYMS

- **WWC**
Winchell Wellness Center
(Redwood Main Street)
- **BEC WC**
Brewster Events Center
Wellness Center
(located on lower level)
- **BEC AC**
Brewster Events Center
Aquatic Center
(located on first level)

MONDAY

8:25 am	Low Impact Aerobics	BEC WC
9:30 am	Senior Circuit	WWC
10:15 am	Sit & Bee Fit	BEC WC
10:15 am	Yoga	WWC
11:00 am	Weight Training/Theraband	BEC WC
1:10 pm	Cardio Splash	BEC AC
2:00 pm	Talk and Tread	BEC AC

TUESDAY

8:25 am	Low Impact Aerobics	BEC WC
9:30 am	Senior Circuit	WWC
10:15 am	Balance and Breathing	WWC
11:30 am	Fall Prevention Tai Chi	WWC
1:15 pm	B Chi	BEC AC
2:00 pm	Talk and Tread	BEC AC

WEDNESDAY

8:25 am	Low Impact Aerobics	BEC WC
9:30 am	Senior Circuit	WWC
10:15 am	Sit & Bee Fit	BEC WC
11:00 am	Weight Training/Theraband	BEC WC
2:00 pm	Talk and Tread	BEC AC

THURSDAY

8:25 am	Low Impact Aerobics	BEC WC
9:30 am	Senior Circuit	WW
10:15 am	Balance and Breathing	WWC
12:30 pm	Cardio Splash	BEC AC
1:15 pm	B Chi	BEC AC
2:00 pm	Talk and Tread	BEC AC

FRIDAY

10:15 am	Yoga	BEC WC
2:00 pm	Pickleball	BEC CAC

SATURDAY

10:15 AM	Yoga	BEC WC
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