



# EXERCISE CLASS SCHEDULE

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

## AQUATIC CENTER

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

The pool is **CLOSED** Tuesday mornings from 7:30 - 9:00 am for cleaning and maintenance.

## 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
11:50 am	Shallow Circuit	BEC AC
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
1:20 pm	Shallow Circuit	BEC AC
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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