



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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