

# Wellness Class Schedule

Sign-up at the concierge desk. Please indicate: class, time, and location when making your reservation. There will only be 9 spots per class in the auditorium, 6 spots in the pool, and 4 in the fitness center.

All classes facilitated by Shelby Peterson.

## Monday, 9/21:

- Nymb<sup>l</sup>  
(Auditorium)
  - o 9:20am
- Ladies Aqua Motion  
(Pool)
  - o 10:00am
- Men's Muscle Building  
(Fitness Center)
  - o 10:45am
- Balance & Mobility  
(Auditorium)
  - o 11:30am
- Step Up  
(Auditorium)
  - o 3:00pm

## Tuesday, 9/22:

- Nymb<sup>l</sup>  
(Auditorium)
  - o 9:20am
- Making Waves  
(Pool)
  - o 10:00am
- Stretch Relief  
(Auditorium)
  - o 10:45am
- Stretch Relief  
(Auditorium)
  - o 11:30am
- Gentle Yolates  
(Auditorium)
  - o 1:30pm
- Nymb<sup>l</sup>  
(Auditorium)
  - o 2:15pm
- Wellness Challenge:  
Basketball Toss  
(Community Rm)
  - o 3:00pm

## Wednesday, 9/23:

- Nymb<sup>l</sup>  
(Auditorium)
  - o 9:20am
- Ladies Aqua Motion  
(Pool)
  - o 10:00am
- Men's Muscle Building  
(Fitness Center)
  - o 10:45am
- Balance & Mobility  
(Auditorium)
  - o 11:30am
- Wellness Challenge:  
Basketball Toss  
(Auditorium)
  - o 1:00pm

## Thursday, 9/24:

- Nymb<sup>l</sup>  
(Auditorium)
  - o 9:20am
- Making Waves  
(Pool)
  - o 10:00am
- Stretch Relief  
(Auditorium)
  - o 10:45am
- Stretch Relief  
(Auditorium)
  - o 11:30am
- Gentle Yolates  
(Auditorium)
  - o 1:30pm

## Friday, 9/25:

- Nymb<sup>l</sup>  
(Auditorium)
  - o 9:20am
- Making Waves  
(Pool)
  - o 10:00am
- Gentle Yolates  
(Auditorium)
  - o 10:45am
- Gentle Yolates  
(Auditorium)
  - o 11:30am