

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:

- Nymbi
(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:

- Nymbi
(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
- Nymbi
(Auditorium)
o 2:15pm
- Wellness Challenge:
Basketball Toss
(Community Rm)
o 3:00pm

Wednesday, 9/23:

- Nymbi
(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:

- Nymbi
(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:

- Nymbi
(Auditorium)
o 9:20am
- Making Waves
(Pool)
o 10:00am
- Gentle Yolates
(Auditorium)
o 10:45am
- Gentle Yolates
(Auditorium)
o 11:30am