

AQUATIC, LAND, AND OUTDOOR WELLNESS CLASSES

Holiday Closing: January 1, New Year's Day – NO CLASSES, POOL CLOSED

Note: Pool hour change on Tuesday and Thursday. Pool open 1-4:30 p.m.

New Class! Cardio and Floor Exercises: Wednesday and Friday 10:45-11:15 a.m.

EFFECTIVE JANUARY 1 – MARCH 31, 2020

AQUATIC FITNESS CLASSES & OPEN SWIM - *Class descriptions on the back*

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 8:00 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
8:00 – 8:30 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
8:30 – 9:15 a.m.	POOL	Aqua Motion	Making Waves	Aqua Motion	Lap/Open Swim	Aqua Motion
9:30 – 9:45 a.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
10:00 – 10:45 a.m.	POOL	Shallow Water Walking	Lap/Open Swim	Shallow Water Walking	Lap/Open Swim	Shallow Water Walking
11:00 a.m. – Noon	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
Noon – 1:00 p.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
1:00 – 2:30 p.m.	POOL	Lap/Open Swim	Volleyball	Lap/Open Swim	Volleyball	Lap/Open Swim
2:30 – 3:00 p.m.	POOL	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim	Lap/Open Swim
3:00 – 4:30 p.m.	POOL	<i>CLOSED</i>	Lap/Open Swim	<i>CLOSED</i>	Lap/Open Swim	<i>CLOSED</i>
4:30 p.m.– 7:15 a.m.	POOL	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>	<i>CLOSED</i>
SATURDAY 9:00 a.m. – Noon	POOL	Lap/Open Swim				

LAND FITNESS CLASSES/ACTIVITIES - *Class descriptions on the back*

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45 a.m.	FITNESS STUDIO	Strength Training	Balance Class	Strength Training	Balance Class	Strength Training
10:00 – 10:30 a.m.	FITNESS STUDIO	Video Exercise SeniorStyle		Video Exercise SeniorStyle		Video Exercise SeniorStyle
10:00 – 10:30 a.m.	FITNESS STUDIO	Wellness Staffed	Wellness Staffed	Wellness Staffed	Wellness Staffed	
10:30 – 11:30 a.m.	FITNESS STUDIO		Corn Hole			
10:45 – 11:15 a.m.	FITNESS STUDIO	Chair Yoga		Cardio and Floor Exercises		Cardio and Floor Exercises
11:30 a.m. – Noon	FITNESS STUDIO			Meditation		
1:00 – 1:45 p.m.	FITNESS STUDIO	Chair Strength and Balance For Beginners		Chair Strength and Balance For Beginners		Chair Strength and Balance For Beginners
2:00 – 3:00 p.m.	FITNESS STUDIO			Line Dancing		

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EFFECTIVE JANUARY 1 – MARCH 31, 2020

AQUATIC FITNESS

Aqua Motion – Shallow water. Low impact movements focused on maintaining flexibility and joint range of motion. Pool equipment such as balls, noodles and barbells may also be used. Good for all skill levels.

Lap/Open Swim – Participants may swim laps or practice other aquatic exercises during this time. This time is not instructor led.

Making Waves – A moderate-high intensity aqua aerobics class using an assortment of equipment in a variety of pool depths. (Low impact modifications offered).

Shallow Water Walking – Traveling forwards, backwards and sideways to work on balance and cardiovascular endurance. Pool equipment such as balls, noodles, and barbells may also be used. Good for all skill levels.

Volleyball – Join us for an afternoon of FUN! No experienced needed to play pool volleyball. All games played in shallow water.

LAND FITNESS

Balance Class – Challenge your balance and coordination and increase your heart rate through teamwork and fun agility courses.

Cardio and Floor Exercises – Get your heart pumping and work your core muscles in this 30 minute class. Exercises performed on the floor will be included.

Chair Strength and Balance for Beginners – This class is a great way to improve your balance, stamina, coordination, and strength. Hand weights are used. Good for beginner or intermediate exercisers.

Chair Yoga – Get the benefits of Yoga without getting on the floor. All poses done sitting or standing by a chair.

Corn Hole – Take turns tossing a bean bag for points. Individuals are welcome to play. Teams are not required.

Line Dancing – Get your boot scooting boogie going as you dance! Good for all skill levels.

Meditation – Learn how to focus, relax, and calm your mind. Class begins with a warm-up and is guided through meditation. Good for beginners or those experienced in meditation.

Strength Training – Increase your strength & maintain or improve your balance and coordination. Hand weights and other strength tools used.

Wellness Staffed – Need a little help setting the fitness equipment, or have fitness related questions? Come during this time and one of our wellness staff members will be there for you!

VIDEO FITNESS

Exercise SeniorStyle – 30 minute video. Cardiovascular and balance exercise. No weights used. Good for beginner or intermediate exercisers.

CONTACT THE WELLNESS STAFF

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