

## OCTOBER 2024 LAND CLASSES

Wellness Center Classes  
(330) 264-7673

Drop in Class \$5.00  
Day Pass \$7.00

**\*\*CLASSES SUBJECT TO CHANGE\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p <b>Bring A Friend</b> – Dianna 1:30p -2:00p</p>	<p>2</p> <p>Movin on UP-Belinda 8a-8:45a SS Mind Body-Nena 9:15a-10a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p</p>	<p>3</p> <p>Yoga-Lynn 9:30a-10:30a</p>	<p>4</p> <p><b>OPEN HOUSE 8a-12p</b></p>
<p>7</p> <p>SS Body Move-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p</p>	<p>8</p> <p>Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p Bustin Body-Belinda 3p-3:45p</p>	<p>9</p> <p>Movin on UP-Belinda 8a-8:45a SS Mind Body-Nena 9:15a-10a Chair Yoga-Lynn 10:15a-11a <b>BRUNCH CONNECTION 11a-12p</b></p>	<p>10</p> <p>Yoga-Lynn 9:30a-10:30a Chair Yoga-Brooke 2p-2:45p Circuit Class-Belinda 3p-3:45p</p>	<p>11</p> <p>Stability Ball-Belinda 8a-8:45a</p>
<p>14</p> <p>Yoga-Brooke 1:00p-2:00p</p>	<p>15</p> <p>Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p <b>Bring A Friend</b> – Dianna 1:30p -2:00p Bustin Body-Belinda 3p-3:45p</p>	<p>16</p> <p>Movin on UP-Belinda 8a-8:45a SS Mind Body-Nena 9:15a-10a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p</p>	<p>17</p> <p>Yoga-Lynn 9:30a-10:30a Chair Yoga-Brooke 2p-2:45p Circuit Class-Belinda 3p-3:45p</p>	<p>18</p> <p>Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 10:30a-11:15a</p>
<p>21</p> <p>SS Body Move-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p</p>	<p>22</p> <p>Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p Bustin Body-Belinda 3p-3:45p</p>	<p>23</p> <p>Movin on UP-Belinda 8a-8:45a SS Mind Body-Nena 9:15a-10a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p</p>	<p>24</p> <p>Yoga-Lynn 9:30a-10:30a Chair Yoga-Brooke 2p-2:45p Circuit Class-Belinda 3p-3:45p <b>SISTERS HOPE 6p-7:30p</b></p>	<p>25</p> <p>Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 10:30a-11:15a</p>
<p>28</p> <p>Yoga-Brooke 1:00p-2:00p</p>	<p>29</p> <p>Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p Bustin Body-Belinda 3p-3:45p</p>	<p>30</p> <p>Movin on UP-Belinda 8a-8:45a SS Mind Body-Nena 9:15a-10a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p</p>	<p>31</p> <p>Yoga-Lynn 9:30a-10:30a Chair Yoga-Brooke 2p-2:45p Circuit Class-Belinda 3p-3:45p</p>	

## OCTOBER 2024 WATER CLASSES

Wellness Center Classes

(330) 264-7673

Drop in Class \$5.00

Day Pass \$7.00

**\*\*CLASSES SUBJECT TO CHANGE\*\***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>OPEN SWIM 7a-10:15a</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>2</b> <b>OPEN SWIM 3p-5p</b> Total Aqua Class 9a-10a	<b>3</b> <b>OPEN SWIM 7A-10:15P</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>4</b> <b>OPEN SWIM 7a-9a 1:30p-3:30p</b> Total Aqua Class 9a-10a
<b>7</b> <b>OPEN SWIM 3AP-5P</b> Total Aqua Class 9a-10a	<b>8</b> <b>OPEN SWIM 7a-10:15a</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>9</b> <b>OPEN SWIM 3p-5p</b> Total Aqua Class 9a-10a	<b>10</b> <b>OPEN SWIM 7A-10:15P</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>11</b> <b>OPEN SWIM 7a-9a 1:30p-3:30p</b> Total Aqua Class 9a-10a SS Splash-Nena 1:30p-2:15p
<b>14</b> <b>OPEN SWIM 3AP-5P</b> Total Aqua Class 9a-10a	<b>15</b> <b>OPEN SWIM 7a-10:15a</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>16</b> <b>OPEN SWIM 3p-5p</b> Total Aqua Class 9a-10a	<b>17</b> <b>OPEN SWIM 7A-10:15P</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>18</b> <b>OPEN SWIM 7a-9a 1:30p-3:30p</b> Total Aqua Class 9a-10a
<b>21</b> <b>OPEN SWIM 3AP-5P</b> Total Aqua Class 9a-10a	<b>22</b> <b>OPEN SWIM 7a-10:15a</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>23</b> <b>OPEN SWIM 3p-5p</b> Total Aqua Class 9a-10a	<b>24</b> <b>OPEN SWIM 7A-10:15P</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>25</b> <b>OPEN SWIM 7a-9a 1:30p-3:30p</b> Total Aqua Class 9a-10a SS Splash-Nena 1:30p-2:15p
<b>28</b> <b>OPEN SWIM 3AP-5P</b> Total Aqua Class 9a-10a	<b>29</b> <b>OPEN SWIM 7a-10:15a</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	<b>30</b> <b>OPEN SWIM 3p-5p</b> Total Aqua Class 9a-10a	<b>31</b> <b>OPEN SWIM 7A-10:15P</b> Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p	