

HOURS OF OPERATION

Monday - Thursday 7am – 6pm

Friday 7 am – 4 pm

DECEMBER 2024 LAND CLASSES

Wellness Center Classes

(330) 264-7673

Drop in Class \$5.00

Day Pass \$7.00

****CLASSES SUBJECT TO CHANGE DAILY****

SS=SILVER SNEAKERS/CANCELLED =ONLY THAT DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	3 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny_11:30a-12:15p Massage Break-A-Way – Dianna 1:30p -2:00p Circuit-Belinda 3p-3:45p	4 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	5 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny_11:30a-12:15p Chair Yoga-Brooke 2p-2:45p	6 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
9 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	10 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p Circuit-Belinda 3p-3:45p	11 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lynn 10:30a-11:15a BRUNCH CONNECTION 11a-12p	12 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny_11:30a-12:15p Chair Yoga-Brooke 2p-2:45p	13 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
16 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	17 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny 11:30a-12:15p Massage Break-A-Way– Dianna 1:30p -2:00p Circuit-Belinda 3p-3:45p	18 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lynn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	19 Yoga-Lynn 9:30a-10:30a SS Classic-Sunny_11:30a-12:15p Chair Yoga-Brooke 2p-2:45p SISTERS HOPE 6p-7:30p	20 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
23 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	24 CLOSED FOR CHRISTMAS	25 CLOSED FOR CHRISTMAS	26 Yoga-Lynn 9:30a-10:30a Cancelled SS Classic-Sunny_11:30a-12:15p Chair Yoga-Brooke 2p-2:45p	27 Stability Ball-Belinda 8a-8:45a Cancelled SS EnerChi-Belinda 9a-9:45a Cancelled SS Classic – Nena 10:30a-11:15a
30 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	31 Yoga-Lynn 9:30a-10:30a Cancelled SS Classic-Sunny_11:30a-12:15p Circuit-Belinda 3p-3:45p			

HOURS OF OPERATION

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DECEMBER 2024 WATER CLASSES

Wellness Center Classes

(330) 264-7673

Drop in Class \$5.00

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****CLASSES SUBJECT TO CHANGE DAILY****

SS=SILVER SNEAKERS/CANCELLED =ONLY THAT DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3AP-5P</p>	<p>3</p> <p>OPEN SWIM 7a-10:15a</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>4</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3p-5p</p>	<p>5</p> <p>OPEN SWIM 7A-10:15P</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>6</p> <p>OPEN SWIM 7a-9a</p> <p>Total Aqua Class 9a-10a Cancelled</p> <p>SS Splash-Nena 1:30p-2:15p</p> <p>OPEN SWIM 2:30p-3:30p</p>
<p>9</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3AP-5P</p>	<p>10</p> <p>OPEN SWIM 7a-10:15a</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>11</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3p-5p</p>	<p>12</p> <p>OPEN SWIM 7A-10:15P</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>13</p> <p>OPEN SWIM 7a-9a</p> <p>Total Aqua Class 9a-10a</p> <p>SS Splash-Nena 1:30p-2:15p</p> <p>OPEN SWIM 2:30p-3:30p</p>
<p>16</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3AP-5P</p>	<p>17</p> <p>OPEN SWIM 7a-10:15a</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>18</p> <p>Total Aqua Class 9a-10a</p> <p>OPEN SWIM 3p-5p</p>	<p>19</p> <p>OPEN SWIM 7A-10:15P</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p</p>	<p>20</p> <p>OPEN SWIM 7a-9a</p> <p>Total Aqua Class 9a-10a</p> <p>SS Splash-Nena 1:30p-2:15p</p> <p>OPEN SWIM 2:30p-3:30p</p>
<p>23</p> <p>Total Aqua Class 9a-10a Cancelled</p> <p>OPEN SWIM 3AP-5P</p>	<p>24</p> <p>CLOSED FOR CHRISTMAS</p>	<p>25</p> <p>CLOSED FOR CHRISTMAS</p>	<p>26</p> <p>OPEN SWIM 7A-10:15P</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p Cancelled</p>	<p>27</p> <p>OPEN SWIM 7a-9a 1:30p-3:30p</p> <p>Total Aqua Class 9a-10a Cancelled</p> <p>SS Splash-Nena 1:30p-2:15p</p> <p>OPEN SWIM 2:30p-3:30p</p>
<p>30</p> <p>Total Aqua Class 9a-10a Cancelled</p> <p>OPEN SWIM 3AP-5P</p>	<p>31</p> <p>OPEN SWIM 7a-10:15a</p> <p>Aqua Dance-Nena 10:30a-11:15a</p> <p>Total Aqua Class 12p-1p Cancelled</p>			