

HOURS OF OPERATION

Monday - Wednesday 6am – 4pm

Tuesday - Thursday 7 am – 7 pm

Friday 7am – 4 pm

FEBRUARY 2025 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

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	4 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	5 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:15a-11a DrumStix-Dianna 11:30a-12p	6 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Chair Yoga-Brooke 2p-2:45p	7 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
10 Movin & Grovin Dance-Belinda 9a-9:30a SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	11 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	12 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	13 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Chair Yoga-Brooke 2p-2:45p	14 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
17 Movin & Grovin Dance-Belinda 9a-9:30a SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	18 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	19 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	20 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Chair Yoga-Brooke 2p-2:45p	21 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a
24 Movin & Grovin Dance-Belinda 9a-9:30a SS Stability-Nena 10:30a-11:15a Yoga-Brooke 1:00p-2:00p	25 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	26 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	27 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Chair Yoga-Brooke 2p-2:45p SISTERS HOPE 6p-7:30p	28 Stability Ball-Belinda 8a-8:45a SS EnerChi-Belinda 9a-9:45a SS Classic – Nena 10:30a-11:15a

HOURS OF OPERATION

Monday - Wednesday 6am – 4pm

Tuesday - Thursday 7 am – 7 pm

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FEBRUARY 2025 WATER 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

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>4</p> <p>OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>5</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>6</p> <p>OPEN SWIM 7a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>7</p> <p>OPEN SWIM 7a-9a Total Aqua Class 9a-10a Cancelled SS Splash-Nena 1:30p-2:15p OPEN SWIM 2:30p-3:30p</p>
<p>10</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a Cancelled OPEN SWIM 3p-3:45p</p>	<p>11</p> <p>OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p Cancelled OPEN SWIM 4p-6:30p</p>	<p>12</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a Cancelled OPEN SWIM 3p-3:45p</p>	<p>13</p> <p>OPEN SWIM 7a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p Cancelled OPEN SWIM 4p-6:30p</p>	<p>14</p> <p>OPEN SWIM 7a-9a Total Aqua Class 9a-10a Cancelled SS Splash-Nena 1:30p-2:15p OPEN SWIM 2:30p-3:30p</p>
<p>17</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>18</p> <p>OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>19</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>20</p> <p>OPEN SWIM 7a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>21</p> <p>OPEN SWIM 7a-9a Total Aqua Class 9a-10a SS Splash-Nena 1:30p-2:15p OPEN SWIM 2:30p-3:30p</p>
<p>24</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>25</p> <p>OPEN SWIM 7a-9:15a SS Splash-Nena 9:30-10:15 Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>26</p> <p>OPEN SWIM 6:45a-8a Total Aqua Class 9a-10a OPEN SWIM 3p-3:45p</p>	<p>27</p> <p>OPEN SWIM 7a-10:15a Aqua Dance-Nena 10:30a-11:15a Total Aqua Class 12p-1p OPEN SWIM 4p-6:30p</p>	<p>28</p> <p>OPEN SWIM 7a-9a Total Aqua Class 9a-10a SS Splash-Nena 1:30p-2:15p OPEN SWIM 2:30p-3:30p</p>