

**HOURS OF OPERATION**

Monday - Wednesday 6am – 4pm

Tuesday - Thursday 7 am – 7 pm

Friday 7am – 4 pm



**MARCH 2025 LAND CLASSES**

Wellness Center Classes

(330) 264-7673

Drop in Class \$5.00

Day Pass \$7.00

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

**MARCH 2025**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Movin &amp; Grovin Dance-Belinda 9a-9:30a</p> <p>SS Stability-Nena 10:30a-11:15a</p> <p>SS Yoga-Sunny 1:00p-1:45p</p>	<p>4</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>Bend &amp; Stretch-Belinda 2:15p -2:45p</p>	<p>5</p> <p>Movin on UP-Belinda 8a-8:45a</p> <p>SS Enerchi-Belinda 9a-9:45a</p> <p>Chair Yoga-Lyn 10:30a-11:15a</p> <p>DrumStix-Dianna 11:30a-12p</p>	<p>6</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>SS Chair Yoga-Sunny 2p-2:45p</p>	<p>7</p> <p>Stability Ball-Belinda 8a-8:45a</p> <p>SS EnerChi-Belinda 9a-9:45a</p> <p>SS Classic – Nena 10:30a-11:15a</p>
<p>10</p> <p>Movin &amp; Grovin Dance-Belinda 9a-9:30a</p> <p>SS Stability-Nena 10:30a-11:15a</p> <p>SS Yoga-Sunny 1:00p-1:45p</p>	<p>11</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>Bend &amp; Stretch-Belinda 2:15p -2:45p</p>	<p>12</p> <p>Movin on UP-Belinda 8a-8:45a</p> <p>SS Enerchi-Belinda 9a-9:45a</p> <p>Chair Yoga-Lyn 10:15a-11a</p> <p><b>BRUNCH CONNECTION 11A-12P</b></p>	<p>13</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>SS Chair Yoga-Sunny 2p-2:45p</p>	<p>14</p> <p>Stability Ball-Belinda 8a-8:45a</p> <p>SS EnerChi-Belinda 9a-9:45a</p> <p>SS Classic – Nena 10:30a-11:15a</p>
<p>17</p> <p>Movin &amp; Grovin Dance-Belinda 9a-9:30a</p> <p>SS Stability-Nena 10:30a-11:15a</p> <p>SS Yoga-Sunny 1:00p-1:45p</p>	<p>18</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>Bend &amp; Stretch-Belinda 2:15p -2:45p</p>	<p>19</p> <p>Movin on UP-Belinda 8a-8:45a</p> <p>SS Enerchi-Belinda 9a-9:45a</p> <p>Chair Yoga-Lyn 10:30a-11:15a</p> <p>DrumStix-Dianna 11:30a-12p</p>	<p>20</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>SS Chair Yoga-Sunny 2p-2:45p</p>	<p>21</p> <p>Stability Ball-Belinda 8a-8:45a</p> <p>SS EnerChi-Belinda 9a-9:45a</p> <p>SS Classic – Nena 10:30a-11:15a</p>
<p>24</p> <p>Movin &amp; Grovin Dance-Belinda 9a-9:30a</p> <p>SS Stability-Nena 10:30a-11:15a</p> <p>SS Yoga-Sunny 1:00p-1:45p</p>	<p>25</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>Bend &amp; Stretch-Belinda 2:15p -2:45p</p>	<p>26</p> <p>Movin on UP-Belinda 8a-8:45a</p> <p>SS Enerchi-Belinda 9a-9:45a</p> <p>Chair Yoga-Lyn 10:30a-11:15a</p> <p>DrumStix-Dianna 11:30a-12p</p>	<p>27</p> <p>Yoga-Lyn 9:30a-10:30a</p> <p>SS Classic-Sunny 11:45a-12:30p</p> <p>SS Chair Yoga-Sunny 2p-2:45p</p> <p><b>SISTERS HOPE 6P-7:30P</b></p>	<p>28</p> <p>Stability Ball-Belinda 8a-8:45a</p> <p>SS EnerChi-Belinda 9a-9:45a</p> <p>SS Classic – Nena 10:30a-11:15a</p>
<p>31</p> <p>Movin &amp; Grovin Dance-Belinda 9a-9:30a</p> <p>SS Stability-Nena 10:30a-11:15a</p> <p>SS Yoga-Sunny 1:00p-1:45p</p>				

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Drop in Class \$5.00

Day Pass \$7.00

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**MARCH 2025**

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