

CLASSES IN THE AEROBICS ROOM

MON	TUE	WED	THU	FRI
		5:30-6:15 am		7:30-8:15am
8:30 -9:30 am	8:00-9:00 am	BARBELL STRONG	8:00-9:00 am	Barbell Strong
AEROBIC BODY	PILATES	<i>Ben</i>	PILATES	<i>Ben</i>
SCULPTING	<i>Suzanne</i>	<i>(in back room)</i>	<i>Suzanne</i>	<i>(in back room)</i>
<i>Rhoda</i>		7:00-8:15 am		8:15-9:15 am
	9:15-10:00am	YOGA Flow	9:15-10:00am	TABATA
	POWER FIT	<i>Thomas</i>	POWER FIT	<i>Susan</i>
	<i>Gedjit</i>	8:30 -9:30 am		
		AEROBIC BODY		
		SCULPTING		
	10:15-11am	<i>Rhoda</i>	10:15-11am	
10:45-11:45 am	Beginner MOBILITY	10:45-11:45 am	Beginner MOBILITY	
BOOMER FIT	<i>Suzanne</i>	BOOMER FIT	<i>Suzanne</i>	
<i>Rhoda</i>	11:15-NOON	<i>Rhoda</i>	11:15-NOON	4:45-5:45PM
	FOCUS ON		FOCUS ON	X-Fit
4:45-5:45pm	FLEXIBILITY		FLEXIBILITY	<i>Curtis</i>
<i>X-Fit</i>	<i>Suzanne</i>		<i>Suzanne</i>	<i>(in back room)</i>
<i>Curtis</i>				5:00-5:30 pm
<i>(in back room)</i>				MEDITATION
5:30-6:45 pm	5:30-6:45PM	4:45-5:45pm	5:30-6:45PM	<i>Thomas</i>
YOGA	BODY BLAST	<i>X-Fit</i>	BODY	5:30-6:45 pm
<i>Thomas</i>	<i>Ben</i>	<i>Curtis</i>	CONDITIONING	YIN YOGA
		<i>(in back room)</i>	and Mobility	<i>Thomas</i>
6:00-7:00 pm			<i>Ben</i>	6:00-7:00 pm
BAREBLL STRONG		5:15-6:45pm		BAREBLL STRONG
<i>Ben</i>		30/30/30		<i>Ben</i>
<i>(in back room)</i>		<i>Kelly</i>		<i>(in back room)</i>

CLASSES IN THE MULTI-PURPOSE ROOM

MON	TUE	WED	THU	FRI
6:30-7:15am		6:30-7:15am		
GROUP CYLING	6:45-7:45 am	GROUP CYLING	6:45-7:45am	
& CONDITIONING	ZUMBA	& CONDITIONING	ZUMBA	
<i>Ben</i>	<i>Beth</i>	<i>Ben</i>	<i>Beth</i>	
	8:00-9:00 am		8:00-9:00 am	8:30-9:30 am
	GROUP CYCLING		GROUP CYCLING	GROUP CYCLING
	<i>Gedjit</i>		<i>Gedjit</i>	<i>Dale</i>
9:40-10:40 am		9:40-10:40 am		SAT
GROUP CYCLING		GROUP CYCLING		8:30-9:30am
<i>Rhoda</i>		<i>Rhoda</i>		Rip & Ride
				<i>Kaitlyn</i>
5:30-6:30pm	5:30-6:30 pm		5:30-6:30 pm	9:45-10:45am
GROUP CYCLING	GROUP CYCLING		Zumba®	Cardio/Cuts/Core
<i>Dale</i>	<i>Dale</i>		<i>Beth</i>	<i>Kaitlyn</i>

UNION GENERAL WELLNESS CENTER WATER CLASSES

All Classes are Included in your Membership!

MON	TUE	WED	THU	FRI
8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am	8:00-9:00 am
WATER PILATES <i>Pam</i>	DEEP WATER AEROBICS <i>Pam</i>	WATER PILATES <i>Pam</i>	DEEP WATER AEROBICS <i>Pam</i>	WATER PILATES <i>Pam</i>
9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am	9:00-10:00 am
WATER AEROBICS <i>Pam</i>	EASY WATER PILATES <i>Pam</i>	WATER AEROBICS <i>Pam</i>	EASY WATER PILATES <i>Pam</i>	WATER AEROBICS <i>Pam</i>
10:00-10:30 am	10:00-11:30 am	10:00-10:30 am	10:00-11:30 am	10:00-10:30 am
WATER ARTHRITIS STRETCH <i>Pam</i>	ARTHRITIS STRETCH & BICYCLE <i>Ginny</i>	WATER ARTHRITIS STRETCH <i>Pam</i>	ARTHRITIS STRETCH & BICYCLE <i>Ginny</i>	WATER ARTHRITIS STRETCH <i>Pam</i>
10:30-11:15 am		10:30-11:15 am		10:30-11:15 am
WATER ARTHRITIS <i>Pam</i>		WATER ARTHRITIS <i>Pam</i>		WATER ARTHRITIS <i>Pam</i>
11:15-12:00 pm		11:15-12:00 pm		11:15-12:00 pm
POOLATES <i>Pam</i>		POOLATES <i>Pam</i>		POOLATES <i>Pam</i>
4:00-5:00 pm	4:00-6:00 pm		4:00-6:00 pm	
SWIM TEAM (4 lanes)	SWIM TEAM (4 lanes)		SWIM TEAM (4 lanes)	
5:00-6:30 pm		4:00-6:30 pm		4:00-6:30 pm
SWIM TEAM (4 lanes)		SWIM TEAM (4 lanes)		SWIM TEAM (4 lanes)
	6:00-7:00 pm		6:00-7:00 pm	
	WATER AEROBICS <i>Debra</i>		WATER AEROBICS <i>Debra</i>	
				6:30-7:30 pm
				<i>Aqua Flex/ Relax Debra</i>

Pool closes 30 minutes prior to closing time. During classes 3 lanes are available for adults to lap swim (please share lanes). No children are allowed in the pool during water classes. Children must be supervised at all times. No running, diving, jumping, throwing objects or horseplay. Please stay off the lane ropes, pool cover reels and hand rail.

UNION GENERAL WELLNESS CENTER WATER CLASSES

NO CHILDREN (UNDER AGE 18) ARE ALLOWED IN THE POOL DURING WATER CLASSES. DURING SWIM TEAM PRACTICE, THE POOL IS OPEN TO ALL ADULTS & CHILDREN, WITH 2-3 LANES AVAILABLE. THE POOL CLOSES 30 MINS PRIOR TO THE GYM CLOSING.

MON	TUE	WED	THU	FRI
<p style="text-align: center;">8:30 AM WATER BODY SCULPTING <i>Pam</i></p>		<p style="text-align: center;">8:30 AM WATER BODY SCULPTING <i>Pam</i></p>		<p style="text-align: center;">8:30 AM WATER BODY SCULPTING <i>Pam</i></p>
<p style="text-align: center;">9:00 AM WATER AEROBICS <i>Pam</i></p>		<p style="text-align: center;">9:00 AM WATER AEROBICS <i>Pam</i></p>		<p style="text-align: center;">9:00 AM WATER AEROBICS <i>Pam</i></p>
<p style="text-align: center;">10:00 AM WATER STRETCH <i>Pam</i></p>	<p style="text-align: center;">10:00 AM** WATER ARTHRITIS <i>Ginny</i></p>	<p style="text-align: center;">10:00 AM WATER STRETCH <i>Pam</i></p>	<p style="text-align: center;">10:00 AM** WATER ARTHRITIS <i>Ginny</i></p>	<p style="text-align: center;">10:00 AM WATER STRETCH <i>Pam</i></p>
<p style="text-align: center;">10:30 AM WATER ARTHRITIS <i>Pam</i></p>		<p style="text-align: center;">10:30 AM WATER ARTHRITIS <i>Pam</i></p>		<p style="text-align: center;">10:30 AM WATER ARTHRITIS <i>Pam</i></p>
<p style="text-align: center;">4-8 PM SWIM TEAM PRACTICE <i>2-3 lanes open for members</i></p>	<p style="text-align: center;">4-6 PM SWIM TEAM PRACTICE <i>2-3 lanes open for members</i></p>	<p style="text-align: center;">4-8 PM SWIM TEAM PRACTICE <i>2-3 lanes open for members</i></p>	<p style="text-align: center;">4-6 PM SWIM TEAM PRACTICE <i>2-3 lanes open for members</i></p>	<p style="text-align: center;">4-8 PM SWIM TEAM PRACTICE <i>2-3 lanes open for members</i></p>
	<p style="text-align: center;">6:00 PM WATER AEROBICS <i>Debra</i></p>		<p style="text-align: center;">6:00 PM WATER AEROBICS <i>Kelly</i></p>	

*90 MINUTE CLASS - COMBINED ARTHRITIS, BASIC ARTHRITIS & STRETCH