

Wellness Center Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am: <i>Flex and Stretch</i>	9am: <i>Water Aerobics</i>	9am: <i>Flex and Stretch</i>	9am: <i>Water Aerobics</i>	9am: <i>Flex and Stretch</i>	9am: <i>Tai Chi with Kathy Plummer</i>
9:30am: <i>Line Dancing</i>	9:30am: <i>Golden Swans Ballet</i>	9:45am: <i>Limber up</i>	9:30am: <i>Golden Swans Ballet</i>	9:30am: <i>Line Dancing</i>	10:00am: <i>Flex and Stretch</i>
10:15am <i>Limber Up</i>	10:45am: <i>Chair Yoga</i>		10:45am: <i>Chair Yoga</i>	10:30am: <i>Fitness on the Floors*</i>	
					10:45am: <i>Chair Yoga</i>
	1:30pm: <i>Balance and Fall Prevention</i>	1:00pm: <i>Tai Chi</i>	1:30pm: <i>Balance and Fall Prevention</i>		

If you would like to learn how to use the fitness machines please contact Blaine at 486-1352/bjackson@epworthvilla.org or come in when you are free and I would be happy to help you.

*(check 'The Happenings' for schedule)