



# Senior Schedule

January - March

425 E 5th St  
New Richmond WI 54017  
715-246-2252

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty	<b>Water Moves</b> 7:00-7:45am (P) Betty		
<b>Water Works</b> 8:00-9:00am (P) Christina	<b>Aqua Blast (deep water)</b> 8:00-9:00am (P) Edna	<b>Water Works</b> 8:00-9:00am (P) Christina	<b>Water Works</b> 8:00-9:00am (P) Christina	<b>Aqua Librium</b> 8:00-9:00am (P) Jeff	<b>Water Works</b> 8:00-9:00am (P) Susan	
<b>Water Works</b> 9:00-10:00am (P) Susan	<b>Aqua Blast</b> 9:00-10:00am (P) Edna	<b>Water Works</b> 9:00-10:00am (P) Susan	<b>Pickleball</b> 8:30-10:30am (G) (ending at 9:30 AM on Jan 26 and Feb 23)	<b>Pickleball</b> 8:30 - 10:30am (G)	<b>Pickleball</b> 10:00am- 12:00pm (G) (no Pickleball Jan 28)	
<b>Pickleball</b> 10:00am-1:00pm (G)	<b>Strength II (by Silver&amp;Fit)</b> 9:30-10:30am (RCU) Rochelle	<b>Pickleball</b> 10:00am-12:00pm (G)	<b>Water Works</b> 9:00-10:00am (P) Susan	<b>Aqua Librium</b> 9:00-10:00am (P) Jeff		<b>Pickleball</b> 4:00-5:30pm (G)
<b>AquaAttack/CORE Combo</b> 12:00-1:00pm (P) Edna	<b>SilverSneakers® Classic</b> 10:45-11:30am (RCU) Aletha	<b>AquaAttack/CORE Combo</b> 12:00-1:00pm (P) Edna	<b>Strength II (by Silver&amp;Fit)</b> 9:30-10:30am (RCU) Rochelle			
		<b>Pickleball</b> 6:30-8:30pm (G)	<b>SilverSneakers® Classic</b> 10:45-11:30am (RCU) Aletha			<b>Class Locations:</b> RCU RCU Studio P Pool G Gymnasium

### Facility Hours

	May - September	October - April
Monday - Friday	4:45 AM - 8:00 PM	4:45 AM - 9:00 PM
Saturday - Sunday	6:00 AM - 6:00 PM	6:00 AM - 6:00 PM

### Kids Kove Hours

	May - September	October - April
Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 6:45 PM	8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Sunday	Closed	10:30 AM - 1:00 PM

Please note that all program areas close 15 minutes before the facility.

## Activity Descriptions

Aqua Attack/CORE Combo (2.5): An energizing, powerful, uplifting, and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your core (abdominals, posture, vertebrae and buttocks).

Aqua Blast (2.5): A total low impact aerobic workout using shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

Aqua Librium (2): This class is a mix of water resistance exercise and range of motion practices utilizing paddles, foam dumbbells, and water noodles.

Pickleball: Learn, play, and enjoy one of the fastest growing sports in the country. Pickleball is a racquet sport that is a cross between tennis, badminton, and ping-pong. It can be played by all ages and will provide the opportunity to meet friends, be physically active, and have fun! The Centre will provide the nets and if you don't have your own, the paddles and pickleballs as well.

SilverSneakers® Classic (1): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strength II (brought to you by Silver&Fit) (2): A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

Water Moves (1.5): The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from and injury, or pregnant.

Water Works (3): A fun, energetic class that can be adapted to your own level with a balanced focus on upper body and lower body exercises. Join us for lively discussions, laughter, and fun (with a little exercise on the side)!