



Senior Calendar

June - August

425 E 5th St
 New Richmond WI 54017
 715-246-2252
 www.nrcentre.com

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|---|--|--|
| Water Moves 7:00 - 7:45am (P) Betty | Water Moves 7:00 - 7:45am (P) Betty | Water Moves 7:00 - 7:45am (P) Betty | Water Moves 7:00 - 7:45am (P) Betty | Water Moves 7:00 - 7:45am (P) Betty | | |
| Water Works 8:00-9:00am (P) Christina | Aqua Blast (deep water) 8:00 - 9:00am (P) Edna | Water Works 8:00-9:00am (P) Christina | Water Works 8:00-9:00am (P) Christina | Aqua Explosion 8:00-9:00am (P) Jeff | Water Works 8:00-9:00am (P) Susan | |
| Water Works 9:00-10:00am (P) Susan | Aqua Blast 9:00 - 10:00am (P) Edna | Water Works 9:00 - 10:00am (P) Susan | Water Works 9:00-10:00am (P) Susan | Pickleball 8:30 - 10:30am (G) | | |
| Pickleball 10:00am - 1:00pm (G) | Strength II (by Silver&Fit) 9:30 - 10:30am (RCU) Rochelle | Pickleball 10:00am - 12:00pm (G) | Strength II (by Silver&Fit) 9:30 - 10:30am (RCU) Rochelle | Aqua Explosion 9:00-10:00am (P) Jeff | Pickleball 10:00am - 12:00pm (G) | Pickleball 4:00 - 5:30pm (G) |
| AquaAttack/CORE Combo 12:00 - 1:00pm (P) Edna | SilverSneakers® Classic 10:45 - 11:30am (RCU) Aletha | AquaAttack/CORE Combo 12:00 - 1:00pm (P) Edna | SilverSneakers® Classic 10:45 - 11:30am (RCU) Aletha | | | Class Locations: RCU RCU Studio P Pool G Gymnasium |

Location abbreviations:

Independence Day Hours: 7:00 AM - 12:00 PM

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 |

Please note that all program areas close 15 minutes before the facility.
 For more information please contact the Centre at 715-246-2252.

Kids Kove Hours

| | | |
|-----------------|--|--|
| | May - September | October - April |
| Monday - Friday | 8:00 AM - 12:00 PM & 4:00 PM - 6:45 PM | 8:00 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 |

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 Explosion (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)!