

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool		<b>Water Moves</b> 6:45 - 7:30 AM Betty Centre Pool	
<b>Zumba® Gold</b> (brought to you by Silver&Fit) 9:45 - 10:30 AM Dana RCU Studio	<b>Strength II</b> 9:30 - 10:30 AM Rochelle RCU Studio	<b>Silver Sneakers® Classic</b> 9:45 - 10:30 AM Amanda RCU Studio	<b>Strength II</b> 9:30 - 10:30 AM Rochelle RCU Studio	<b>Zumba® Gold</b> (brought to you by Silver&Fit) 9:45 - 10:30 AM Dana RCU Studio
<b>Senior Splash</b> 10:15 - 11:00 AM Aletha Centre Pool	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Jeanna RCU Studio	<b>Silver Sneakers® Yoga</b> 10:45 - 11:30 AM Jeanna RCU Studio	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Aletha RCU Studio	<b>SilverSneakers® Yoga</b> 10:45 - 11:30 AM Dana RCU Studio
<b>SilverSneakers® Stability</b> 10:45 - 11:30 AM Dana RCU Studio				
<b>Wii® Sports</b> 11:30 AM - 12:30 PM RCU Studio				

**\*No classes on Monday, January 1.\***

### Pickleball

Mondays & Wednesdays, January 3 - March 28  
 10:00 AM - 12:00 PM  
 FREE for Centre Members  
 \$10.00 day pass for Community Participants OR  
 \$10.00 5-visit punch card for adults 55+ years old

### Lunch N' Potlucks

Friday, January 12  
 Friday, February 9  
 Friday, March 2  
 11:45 AM - 1:15 PM

### Walk at the Centre

Monday - Friday, October - March  
 1:00 PM - 3:00 PM  
 FREE for all participants

### Growing Stronger Seniors Small Group Training

Wednesdays, March 7 - April 11  
 10:45 AM - 11:30 AM  
 \$42.00 for Centre Members  
 \$54.00 for Community Participants

### National American Diabetes Association Alert Day

Tuesday, March 27  
 7:30 AM - 8:30 AM or 5:00 PM - 6:00 PM Screening  
 6:00 PM - 7:30 PM Nutrition Class  
 FREE for all participants

### Facility Hours

	October - April	May - September
Monday - Thursday	4:45 AM - 10:00 PM	4:45 AM - 9:00 PM
Friday	4:45 AM - 9:00 PM	4:45 AM - 8:00 PM
Saturday - Sunday	7:00 AM - 9:00 PM	7:00 AM - 8:00 PM

### Kids Kove Hours

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

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

## Class Descriptions

**Senior Splash:** Activate your aqua urge for variety! Senior Splash offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required.

**SilverSneakers® Classic:** 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.

**SilverSneakers® Stability:** Stability is the newest class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. It is recommended that participants are able to stand for at least 35 minutes.

**SilverSneakers® Yoga:** Yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Strength II:** 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.

**Stretch:** Stretch is a total body stretching class which includes all major and minor muscle groups, designed to improve overall flexibility and balance. You can expect gentle stretching to enhance a greater range of movement. Ages 10+ all fitness levels

**Water Moves:** 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.

**Wii® Sports:** Have a great time participating in Bowling, Baseball, Golf, Tennis and Boxing on the Nintendo Wii®.

**Zumba® Gold (brought to you by Silver&Fit):** is known for the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. This senior class is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

## Activity Descriptions

**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! During open gym times Monday - Thursday after 6:00 PM, pickleball may be played in half of the gym if space is available. Please check with the Welcome Center for gym availability.

**Growing Stronger Seniors Small Group Training:** Work with a personal trainer in a small class setting to maximize the benefits of strength training. You will learn about sets, reps, tempo, and the proper amount of weight you should be lifting. Each week presents a new challenge as you learn proper form and exercises for major muscles groups of the body. As the session progresses, you will review the prior week's exercises to build your confidence.

**National American Diabetes Association Alert Day:** American Diabetes Association Alert Day is March 27, 2018. A day to sound the alarm about the prevalence of Type 2 Diabetes and learn about your risks and ways you can prevent diabetes with a screening by a registered nurse Certified Diabetes Educator followed with a nutrition class facilitated by a registered dietitian.

**Senior Potluck:** Join us for a potluck lunch and a special guest speaker one Friday of each month. Bring a dish to pass, spend some time socializing, and enjoy a different topic each month.

**Walk at the Centre:** Cold temperatures and blowing snow are a given where we live. So when it's too cold to take your regular walk outside, head to the Centre! From October through March, Monday through Friday from 1:00 PM - 3:00 PM, the Centre gymnasium is a warm and FREE place to walk. All are welcome, we just need you to fill out a day pass form and we'll give you a wristband to come in and walk. So bring a friend and bring your walking shoes, we guarantee it will always be above freezing at the Centre. For additional information contact the Centre at 715-246-2252.