

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>Stretch</b> 6:30 - 7:00 AM Melanie Westfields Studio			
<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> 10:45 - 11:30 AM Dana Centre Pool	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Kristi RCU Studio	<b>Silver Sneakers® Yoga</b> 10:45 - 11:30 AM Jeanna RCU Studio	<b>SilverSneakers® Classic</b> 10:45 - 11:30 AM Kristi RCU Studio	<b>SilverSneakers® Yoga</b> 10:45 - 11:30 AM Dana RCU Studio
<b>Wii® Sports</b> 11:30 AM - 12:30 PM RCU Studio				

### Senior Health Fair

Tuesday, October 10  
9:00 AM – 12:00 PM  
FREE for all participants



### Nutrition in the News

Wednesday, September 6  
11:00 AM - 12:00 PM  
FREE for all participants

### Hike With Friends Hiking Club

Saturday, September 16  
8:00 AM – 10:00 AM  
FREE for Centre Members  
\$5.00 for Community Participants

### Walk with a Trainer Tuesday

Tuesdays, September 5 – October 10  
9:00 AM – 10:00 AM  
FREE for all participants

### Pickleball

Mondays & Wednesdays, September 4 - November 29  
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

### Senior Potluck

“5 Loaves & Food Shelf” presented by Jean Needham  
Friday, September 15  
11:45 AM - 1:30 PM  
FREE for all participants

### Centre Fresh Market

Thursday, September 14  
5:00 PM - 7:30 PM  
FREE for Centre Members to be a vendor  
\$5.00 per date for Community Participant vendors

### 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® 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.

**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.

**Nutrition in the News:** Discussions will be lead about the latest nutritional information. Facts and fallacies in the media will be explored. Discussions may also include stress, lack of sleep, food and exercise, and how these lifestyle habits affect weight.

**Centre Fresh Market:** Members, bring your gardens to the Centre! Bring your fresh vegetables or fruits to sell at the Centre on one Thursday a month and share your green thumb at the Centre Fresh Farmer's Market!

**Walk with a Trainer Tuesday:** Enjoy the outdoors and walk with a Centre personal trainer around town. This is the perfect time to ask any health related questions or discuss any fitness goals you might need an extra boost with. Walks will be 2 - 4 miles in length. Walks to Breaktime Cafe and Bean Bag Coffee House to be determined by the group.

**Hike With Friends Hiking Club:** Join us one Saturday each month this fall for a lively walk on our local trails. This program is for anyone who loves a brisk walk, uneven terrain, and being outdoors with wonderful friends! We usually travel to a trail within a half hour of the Centre and hikes range from 1.5 - 4 miles. Please bring water, bug spray, and sturdy walking shoes.

**Senior Health Fair:** In partnership with Family Fresh, the Centre invites you to the first Senior Health fair. Try a senior group fitness class and discover what your local area has to offer through business booths. A healthy lunch will be provided.