

# The Nelson WELLNESS CENTER CLASS SCHEDULE



Family get-to-gethers!

## SUMMER 2011

Refreshing treats!



Come join us! You'll be glad you did!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:00 am	Active Aging <b>Strength &amp; Balance</b>	Active Aging <b>Movement &amp; Cardio</b>	Active Aging <b>Strength &amp; Balance</b>	Active Aging <b>Movement &amp; Cardio</b>	Active Aging <b>Strength &amp; Balance</b>	
10:00-11:00 am					Brain Health	
10:15-11:00 am		Active Aging <b>Gentle Moves</b>		Active Aging <b>Gentle Moves</b>		
10:30-11:30 am	SilverSneakers® MSROM	SilverSneakers® Cardio Circuit	SilverSneakers® MSROM	SilverSneakers® Cardio Circuit		
1:00-2:00 pm	NeuroFit Grad Program	NeuroFit Begin Program	NeuroFit Grad Program	NeuroFit Begin Program	NeuroFit Combo Program	
3:30-4:30 pm		<b>CORE Balance</b> June 7-July 26				
5:15-6:15 pm	YOGAjoy <i>Intermediate</i>		YOGAjoy <i>Gentle</i>			
6:30-7:30 pm				YOGAjoy <i>Gentle</i>		

Cardio Strength Room Hours:  
Weekdays 5:30am-Midnight  
Saturdays & Sundays 5:30am-8pm