



FEBRUARY 2012

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| | | | 1 <u>Adult Ed</u> A Valentine Date with Clay L1 4:15-4:45pm; L2 5-5:30pm; Community 6-6:45pm *pre-register required NEV \$6 COM \$8 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) | 2 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) MYSTERY FITNESS 6-7PM NEW | 3 | 4 AQUA FITNESS 10:30-11:30am (see back for assigned swim times) |
| 5  Bowling resumes tonight *early start - this week only 4:30-6pm | 6 Bingo @ TLC Lounge 7-8pm \$2.00/card FITNESS (see back for team times) | 7 <u>Adult Ed</u> First Aid 6:30-7:30pm NEV: \$10 COM \$15 *pre-registration required | 8 <u>Adult Ed</u> Valentine Scrapbooking 4:30 - 5:30pm *pre-register required NEV \$4 COM \$6 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) | 9 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) MYSTERY FITNESS 6-7pm NEW | 10 <i>By Invitation Only</i> Valentine's Party 6:30-8:30pm RAH NEV: \$4.00 Guests:\$6.00 | 11 Open Music 1-2:30pm AQUA FITNESS 10:30-11:30am (see back for assigned swim times) |
| 12 Bowling 6:30-8pm AKL | 13 TEAM NEV Basketball Vs. Cardinal Cushing 6pm @ Cardinal Cushing Leave NEV @ 5:30pm FITNESS (see back for team times) | 14  | 15 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) | 16 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) MYSTERY FITNESS 6-7pm NEW | 17 Move and Groove 6:30-7:30pm SWC Fitness Room (See flyer for details) | 18 Crochet Club NEW 1:30-2:30pm AQUA FITNESS 10:30-11:30am (see back for assigned swim times) |
| 19 Bowling 6:30-8pm AKL | 20 President's Day NO FITNESS | 21 <u>Adult Ed</u> First Aid 6:30-7:30pm NEV: \$10 COM \$15 *pre-registration required | 22 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) | 23 AQUA FITNESS 6:30-7:30pm (see back for assigned swim times) MYSTERY FITNESS 6-7pm NEW | 24 Drum Circle w/Sean Carr 6:30-7:30pm | 25 AQUA FITNESS 10:30-11:30am (see back for assigned swim times) |
| 26 Movie Matinee 2-4pm \$2.00 Bowling 6:30-8pm AKL | 27 TEAM NEV Basketball Vs. Cardinal Cushing 6pm @ Cardinal Cushing Leave NEV @ 5:30pm FITNESS (see back for team times) | 28 | 29 AQUA FITNESS 5:00-6:00pm (see back for assigned swim times) | For more information: Ginger x204, Susannah x202, Kim x208, Melanie x207, Sean x212 | * = Community Fitness (Mon. 6:15-7pm) AKL=Alley Kat Lanes RAH = Ray Assembly Hall | |

Fitness Offerings



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| Mondays | <u>Yoga Stretch</u> 4:30-5:00pm | A small group of yogi's who are challenging themselves to learn basic yoga postures and poses. |
| | <u>Fitness Fun</u> 5:00-5:30pm | Using therapy bands and colorful balls of all sizes, this class makes toning and strengthening exercises fun. Music is incorporated into each session allowing for simple dance choreography to well known songs. |
| | <u>Fitness Fun</u> 5:30-6:00pm | |
| Thursdays | <u>Functional Fitness</u> 6:00-6:30pm | An ideal class for those looking for a gentle yet effective workout. Several laps around the track are used as a warm-up followed by basic strength and stretch exercises in the fitness studio. A great overall workout for those needing a more relaxed pace. |
| | | <u>Dance Fitness</u> 6:30-7:00pm |
| | | C'mon down for a fun twenty minute block of dancing and expressive movement followed by a relaxing ten minute stretch. This class is great for all levels and can even be done in a chair! Bring a water bottle and your favorite cd to dance to! |



Swim Offerings

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| Wednesdays | 5:00-6:00pm | Smith House, Red Cape, Fuller House, Duplex, House 4 |
| Thursdays | 6:30-7:30pm | Apartment 4/5, Apartment 6/7, House 1, House 2, 624 School Street |
| Saturdays | 10:30-11:30am | Watson Home, LaChance House, House 4 |

*Residents are welcome for additional swim days when accompanied by staff. Please notify aquatics staff in advance so we can plan accordingly.

Strength and Cardio Room



The strength and cardio room may be used by those who have completed an equipment orientation and are accompanied by staff. The strength/cardio room is open when not in use by building programs (see schedule on cardio room door for details). SWC hours of operation are posted on the staff schedule and on the front door of the SWC building. SWC fitness staff are available for equipment orientations by appointment. Please call Kim Lowman (x208) or Susannah Locketti (x202) for a time. *Note: As of August 2011, all staff are required to complete a new orientation even if they have had one in the past. We added new equipment to the room and staff must receive proper training before using.*