

Pine Village Wellness Center Group Exercise Schedule

		Land Exercise Classes	Aquatic Exercise Classes	
MONDAY			8:00 – 8:45 AM	Water Aerobics
	9:15 - 9:45 AM	Strength Training	9:00 – 9:30 AM	Open Swim
	10:00 - 10:25 AM	Arthritis Exercise (KA)	9:30 – 10:00 AM	Arthritis Water Exercise
	10:30 - 10:55 AM	Arthritis Exercise (AL)		
	10:30 - 10:55 AM	Arthritis Exercise (HC)	4:00 – 4:45 PM	Water Aerobics
			4:45 – 5:15 PM	Open Swim
TUESDAY	8:30 - 8:55 AM	Balance Training	9:00 - 9:30 AM	Open Swim
	9:00 - 9:25 AM	Bal-A-Vis-X	9:30 – 10:00 AM	Arthritis Water Exercise
	10:00 - 10:25 AM	Arthritis Exercise (KA)		
	10:30 - 10:55 AM	Arthritis Exercise (AL)	4:00 - 4:45 PM	Water Aerobics
	10:30 - 10:55 AM	Arthritis Exercise (HC)	4:45 - 5:15 PM	Open Swim
WEDNESDAY			8:00 – 8:45 AM	Water Aerobics
	9:15 – 9:45 AM	Strength Training	9:00 – 9:30 AM	Open Swim
	10:00 - 10:25 AM	Arthritis Exercise (KA)	9:30 – 10:00 AM	Arthritis Water Exercise
	10:30 – 10:55 AM	Arthritis Exercise (AL)		
	10:30 - 10:55 AM	Arthritis Exercise (HC)	4:00 – 4:45 PM	Water Aerobics
			4:45 – 5:15 PM	Open Swim
THURSDAY	8:30 - 8:55 AM	Balance Training	9:00 - 9:30 AM	Open Swim
	9:00 - 9:25 AM	Bal-A-Vis-X	9:30 – 10:00 AM	Arthritis Water Exercise
	10:00 - 10:25 AM	Arthritis Exercise (KA)		
	10:30 - 10:55 AM	Arthritis Exercise (AL)	4:00 - 4:45 PM	Water Aerobics
	10:30 - 10:55 AM	Arthritis Exercise (HC)	4:45 - 5:15 PM	Open Swim
FRIDAY	9:15 - 9:45 AM	Strength Training	8:00 – 8:45 AM	Water Aerobics
	10:00 - 10:25 AM	Arthritis Exercise (KA)	9:00 – 9:30 AM	Open Swim
	10:30 - 10:55 AM	Arthritis Exercise (AL)	9:30 – 10:00 AM	Arthritis Water Exercise
	10:30 - 10:55 AM	Arthritis Exercise (HC)		

KA = Krehbiel Apartments AL = Assisted Living HC =Healthcare

Pool / Spa / Fitness Room Hours	
Monday-Thursday	7:30am-5:30pm
Friday	7:30am-3:00pm