

Pine Village Wellness Center Group Exercise Schedule

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

KA = Krehbiel Apartments AL = Assisted Living HC = Healthcare

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