

WELLNESS  
CENTER  
ANTIOCH COLLEGE



| Time             | Class                   | Level  | Instructor |
|------------------|-------------------------|--------|------------|
| <b>MONDAY</b>    |                         |        |            |
| 6:15 – 6:45 am   | Interval Express        | Mixed  | Katie      |
| 9 – 10 am        | Yoga                    | 1 & 2  | Melissa T. |
| 10 – 10:45 am    | Deep Water Workout      | Mixed  | Deb        |
| 12:30 – 1:30 pm  | Power Hour Yoga         | 2 & 3  | Chelsea    |
| 5:30 – 6:15 pm   | Aqua Fitness            | Mixed  | Deb        |
| 5:30 – 6:15 pm   | Core & More             | Mixed  | Doug       |
| 6:30 – 7:15 pm   | Spinning                | Mixed  | Amy        |
| <b>TUESDAY</b>   |                         |        |            |
| 8 – 9 am         | Yoga for Stiffs         | 1      | Bob        |
| 9:30 – 10:30 am  | Core Strength & Bal.    | 1 & 2  | Patti      |
| 10 – 10:45 am    | Aqua Fitness            | Mixed  | Deb        |
| Noon – 1 pm      | Yoga                    | Gentle | Carmen     |
| 12:30 – 1:15 pm  | Zumba                   | Mixed  | Lynn       |
| 2 – 2:45 pm      | Simply Movement         | Gentle | Carmen     |
| 6 – 7:15 pm      | Yoga                    | 1 & 2  | Monica     |
| 6:30 – 7:15 pm   | Interval Training       | Mixed  | Katie      |
| <b>WEDNESDAY</b> |                         |        |            |
| 6:15 – 6:45 am   | Spin Express            | 2      | Denny      |
| 8 – 8:45 am      | Circuit Training        | 1      | Doug       |
| 9 – 10 am        | Yoga Flow               | 2      | Melissa T. |
| 10:30 – 11:30 am | Yoga                    | 1      | Becky      |
| Noon – 12:45 pm  | Aqua Fitness            | Mixed  | Deb        |
| 5:30 – 6:15 pm   | Aqua Fitness            | Mixed  | Deb        |
| 7 – 7:45 pm      | Circuit Training        | 1 & 2  | Kyle       |
| <b>THURSDAY</b>  |                         |        |            |
| 9:30 – 10:30 am  | Core Strength & Bal.    | 1 & 2  | Patti      |
| 10:00 – 10:45 am | Aqua Fitness            | Mixed  | Deb        |
| 10:30 – 11:00 am | Fitness Rm Orientation* | Intro  | Trevor     |
| 12:30 – 1:30 pm  | Yoga Flow               | 2      | Kelli      |
| 6:00 – 7:15 pm   | Yoga                    | 1 & 2  | Chelsea    |
| 6:30 – 7:15 pm   | Interval Training       | Mixed  | Katie      |
| <b>FRIDAY</b>    |                         |        |            |
| 6:15 – 6:45 am   | Spin Express            | 2      | Katie      |
| 8 – 9 am         | Yoga                    | 1      | Larisa     |
| Noon – 1 pm      | Yoga                    | 1 & 2  | Marcia     |
| 6 – 6:45 pm      | Circuit Training        | 2      | Kyle       |
| <b>SATURDAY</b>  |                         |        |            |
| 8:15 – 8:45 am   | Spin Express            | Mixed  | Katie      |
| 9 – 9:45 am      | Interval Training       | Mixed  | Katie      |
| 9 – 10 am        | Power Hour Yoga         | 2 & 3  | Marie      |
| 10 – 10:30 am    | Fitness Rm Orientation* | Intro  | Doug       |
| 10 – 10:45 am    | Core & More             | 1 & 2  | Amy        |
| 10:30 – 11:45 am | Yoga                    | 1 & 2  | Marcia     |
| <b>SUNDAY</b>    |                         |        |            |
| 10:15 – 11:15 am | Women's Yoga            | 1 & 2  | Varies     |
| 3 – 4:15 pm      | Yoga Flow               | 2 & 3  | Marie      |
| 4 – 4:45 pm      | Spinning                | 2      | Denny      |

\* Available for all members

| <b>Summer Hours</b>      |             |
|--------------------------|-------------|
| <b>Monday–Thursday</b>   | 6 am–9 pm   |
| <b>Friday</b>            | 6 am–7 pm   |
| <b>Saturday</b>          | 8 am–5 pm   |
| <b>Women Only Sunday</b> | 10 am–11 am |
| <b>Sunday</b>            | 11 am–5 pm  |

**CLOSED:** Memorial Day, Fourth of July,  
Labor Day

[wellnesscenter.antiochcollege.edu](http://wellnesscenter.antiochcollege.edu)  
or call 937 – 319 – 0100 for more details.

SUMMER 2017

MAY 1 – SEPTEMBER 3

MEMBERSHIPS & DAY PASSES  
AVAILABLE

WEEKLY CLASSES

MAY 1 – SEPTEMBER 3  
**SUMMER 2017**

**SERIES & WORKSHOPS**

**WELLNESS  
CENTER**  
ANTIOCH COLLEGE



Please register in advance.  
Visit our website for fees and more information.  
[wellnesscenter.antiochcollege.edu](http://wellnesscenter.antiochcollege.edu)

**PRENATAL YOGA SERIES**

with Amy Chavez (4 weeks)  
May 3 – 24, Wednesdays, 6:45 – 8 pm

**BALLROOM DANCE SERIES: TANGO II**

with Patricia Nelson (3 weeks)  
May 5 – 19, Fridays, 5:45 – 6:45 pm

**SUMMER BOOT CAMP**

with Katie Slanker  
May: 6, 13, 27 / June: 10 / July: 1  
Saturdays, 10 – 11 am (register for series or drop-in)

**FREE COMMUNITY YOGA ON ANTIOCH MAIN LAWN**

First Saturday of the Month (May 6, June 3, July 1, Aug 5)  
9 – 10 am, weather permitting

**COUPLES PRENATAL WORKSHOP**

Celebrate Mother's Day with Amy Chavez  
May 13, Saturday, 1 – 4 pm

**YOGA & POETRY WORKSHOP**

with Marie Hertzler & Audrey Hackett  
May 20, Saturday, 2 – 4:30 pm

**TAI CHI CHUAN SERIES: PART 1**

with Keith Grzelak (4 weeks)  
May 21 – June 11, Sundays, Noon – 1:30 pm

**SUMMER SWIM LESSONS**

with Sharyn Jackson and Ross Oost  
June 5 – 15, & 19 – 29 M-TH, Ages 4 – Adult

**WELLNESS FIELD DAY**

Indoor and outdoor activities for all ages!  
June 17, Saturday

**INTRO TO AIKIDO SERIES**

with Michael McVey (4 weeks)  
June 1 – 22, Thursdays, 7:30 – 8:45 pm

**MERPEOPLE 101 SWIM SERIES**

with Hannah DeLamatre (3 weeks)  
June 2 – 16, Fridays, 5:30 – 6:30 pm

**TAI CHI WORKSHOP: PUSH HANDS TECHNIQUE**

with Keith Grzelak  
June 25, Sunday, Noon – 2:30 pm

**SUMMER TENNIS SERIES ADULT, TEEN & YOUTH**

with Josh Mabra  
Sessions start May 30, visit website for details

**TEEN WEIGHT TRAINING SERIES**

with Katie Slanker (4 weeks)  
June 16 – July 7, Fridays, 10 – 11:00 am

**BALLROOM DANCE SERIES: SALSA I**

with Patricia Nelson (4 weeks)  
July 7 – 28, Fridays, 5:45 – 6:45 pm

**COMMUNITY DANCE**

with Patricia Nelson / Dance lesson, food & libations  
July 28, Friday, 7 – 10 pm