

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	Victoria
10 – 10:45 am	Deep Water Workout	Mixed	Deb
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
6 – 6:45 pm	Spinning	Mixed	Amy S.
6 – 7:15 pm	Yoga	2 & 3	Melissa T.
<b>TUESDAY</b>			
7 – 7:45 am	Spinning	Mixed	Melissa D.
8 – 9 am	Yoga for Stiffs	1	Bob
9:15 – 10 am	Core Strength & Bal.	1 & 2	Melissa D.
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	Chair Stretch & Strength	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
9 – 10 am	Yoga Flow	2	Molly
9:30 – 10 am	Fitness Rm Orientation*	Intro	Trevor
10 – 10:45 am	Deep Water Workout	Mixed	Deb
10:30 – 11:30 am	Yoga	1	Becky/ Carmen
Noon – 1 pm	Pilates	1 & 2	Victoria
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
6 – 6:45 pm	Strength & Cycle	Mixed	Amy
6:30 – 7:15 pm	Circuit Training	1 & 2	Kyle
<b>THURSDAY</b>			
7 – 7:45 am	Spinning	Mixed	Melissa D.
9:15 – 10 am	Core Strength & Bal.	1 & 2	Melissa D.
10 – 10:45 am	Aqua Fitness	Mixed	Deb
2 – 2:45 pm	Chair Stretch & Strength	Gentle	Carmen
6 – 6:45 pm	Zumba	Mixed	Lynn
6 – 7:15 pm	Yoga	1 & 2	Monica/ Neenah
6:30 – 7:30 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
5:30 – 6:15 pm	Circuit Training	1 & 2	Kyle
<b>SATURDAY</b>			
8:15 – 9:15 am	Intro to Yoga - FREE*	1	Varies
8:15 – 8:45 am	Spin Express	Mixed	Katie
9 – 9:45 am	Interval Training	Mixed	Katie
10:30 – 11:45 am	Yoga	1 & 2	Marcia
<b>SUNDAY</b>			
11:30 – 12:15 pm	Spinning	2	Denny

\* Available for all members.

**Summer Hours**

**Monday–Thursday** 6 am–8:30 pm

**Friday** 6 am–7 pm

**Saturday** 8 am–5 pm

**Women Only Sunday** 10 am–11 am

**Sunday** 11 am–5 pm

Pool closes 30 minutes prior to facility closure.

**CLOSED:** Memorial Day, Labor Day,  
July 1 – 7 for planned maintenance

SPRING/SUMMER 2018

MAY 1 – SEPTEMBER 2

MEMBERSHIPS  
& DAY PASSES  
AVAILABLE

WEEKLY CLASSES

MAY 1 – SEPTEMBER 2 **SPRING/SUMMER 2018**

**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)

**COMMUNITY WATER SAFETY DAY & FREE SWIM**  
May 19, Saturday

**ANATOMY OF EXERCISE**

with Katie Slanker  
May 26, Saturday, 11 – 1 pm

**WEEKEND YOGA WORKSHOP**

with Lynne Minton  
June 1– 3 Friday – Sunday

**SWIM LESSONS**

**Learn-to-Swim (Ages 3 & Up)**  
June 2 – 30 (5 weeks), Saturdays, 9 am

**Parent & Child (Ages 6 mos – 3 yrs)**  
June 5 – 28 (4 weeks), Tues/Thurs, 11 – 11:30 am

**RISE AND SHINE YOGA SERIES**

with Molly Lunde  
June 11 – 21, Mon – Thurs, 6:45 – 7:45 am

**SUMMER BOOT CAMP**

with Katie Slanker, Saturdays, 10 – 10:45 am  
May 19, May 26, June 9, June 23, July 21

**BALLROOM DANCE SERIES**

with Patricia Nelson, Tuesdays

SALSA	June 5 – 26	6:30 – 7:15 pm
LINE	June 5 – 26	7:30 – 8:15 pm
SWING	July 17 – August 7	6:30 – 7:15 pm
LINE	July 17 – August 7	7:30 – 8:15 pm

**Memberships & Day Passes Available**

**Summer Hours**

**Monday–Thursday** 6 am–8:30 pm  
**Friday** 6 am–7 pm  
**Saturday** 8 am–5 pm  
*Women Only* **Sunday** 10 am–11 am  
**Sunday** 11 am–5 pm

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