

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
11 – 11:45 am	Aqua Back Re-Hab	1	Deb
12:30 – 1:30 pm	Yoga Flow	2	Marcia
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 S.
<b>TUESDAY</b>			
7 – 7:45 am	Spinning	1	Melissa. D
8 – 9 am	Yoga for Stiffs	1	Bob
9:30 – 10:30 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	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
9 – 10 am	Yoga Flow	2	Molly
9:30 – 10 am	Fitness Rm Orientation *Intro		Trevor
10:30 – 11:30 am	Yoga	1	Becky/ Carmen
Noon – 1 pm	Pilates	1 & 2	Victoria
Noon – 12:45 pm	Deep Water Workout	Mixed	Deb
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
6 – 6:45 pm	Strength & Cycle	Mixed	Amy
7 – 7:45 pm	Circuit Training	1 & 2	Kyle
<b>THURSDAY</b>			
7 – 7:45 am	Spinning	1	Melissa D.
9:30 – 10:30 am	Core Strength & Bal.	1 & 2	Melissa D.
10 – 10:45 am	Aqua Fitness	Mixed	Deb
12:30 – 1:30 pm	Yoga Flow	2 & 3	Molly
2 – 2:45 pm	Simply Movement	Gentle	Carmen
6 – 7:15 pm	Yoga	1 & 2	Bob
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
10:00 – 10:45 am	Aqua Zumba	Mixed	Patricia
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
10:30 – 11:45 am	Yoga	1 & 2	Marcia
<b>SUNDAY</b>			
3:00 – 4:15 pm	Yoga Flow	2 & 3	Melissa T.
4:00 – 4:45 pm	Spinning	2	Denny

\* Available for all members.

**Winter & Spring Hours**

**Monday–Thursday** 6 am–9 pm  
**Friday** 6 am–7 pm  
**Saturday** 8 am–5 pm  
**Women Only Sunday** 10 am–11 am  
**Sunday** 11 am–5 pm

**CLOSED:** Martin Luther King, Jr. Day, Easter

WINTER/SPRING 2018

JANUARY 2 – APRIL 30

MEMBERSHIPS &  
DAY PASSES AVAILABLE

WEEKLY CLASSES

JANUARY 2 – APRIL 30 WINTER/SPRING 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)

## MASTER SWIMMING SERIES

with Franklin Halley  
January 2 – May 25  
Mon. & Weds. 6:30 – 8 pm / Thurs. & Fri. 6:15 – 7:30 am

## NEW YEAR KICKSTART

with Katie Slanker  
January 6, January 27 & February 17

## BALLROOM DANCE CLASSES

with Patricia Nelson  
Mondays, 6:30 – 7:30 pm

WALTZ Jan. 8 – Feb.12  
LINE Feb. 19 – March 12

## THE COLORS IN ME: YOGA FOR CHILDREN AGES 10 – 12

with Marcia Sauer  
January 11 – February 22, Thursdays, 3:15 – 4:15 pm

## TOTAL IMMERSION SWIMMING SERIES

with Pegeen Laughlin, Saturdays 8 – 10 am  
Series 1: January 20 – February 10  
Series 2: March 3 – March 24  
Series 3: April 14 – May 12

## BARBELL TRAINING & TECHNIQUE

with Trevor Lowe  
January 20, Saturday, 10:30 am – 1:30 pm

## YOGA 101

with Larisa McHugh  
January 21 – February 11, Sundays, 11:30 am – 12:45 pm  
February 21 – March 14, Wednesdays, 6 – 7:15 pm

## YOGA IS MEDITATION SERIES

with Joyce Reena Appell  
January 24 – February 14, Wednesdays, 6 – 7:15 pm

## ADULT & PEDIATRIC FIRST AID/CPR/AED

with Mark Luzader  
January 27 & March 3, Saturdays, 2 – 4 pm

## YOGA, SOMATICS, AND CREATIVE PLAY: A Path to Authenticity

with Melissa Tinker, Amy Chavez, Rebecca Kuder  
February 10, Saturday, 12:30 – 5 pm

## SPINNING RACE FUNDRAISER

with Katie Slanker  
February 11, Sunday, 11:30 am – 1:30 pm

## YOGA & NUTRITION FOR HEART HEALTH

with Kelli Pitrone  
February 17, Saturday, 1 – 3 pm

## AMERICAN RED CROSS LIFEGUARDING COURSE

with Mark Luzader  
March 23 – 25, Fri., 3:30 – 8:30 pm, Sat. & Sun. 8 am - 4 pm

## SPRING EMERGENCE WORKSHOP

with Larisa McHugh  
March 10, Saturday, 1 – 4 pm

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