

WELLNESS CENTER

ANTIOCH COLLEGE



Time	Class	Level	Instructor
MONDAY			
6:15 – 6:45 am	Interval Express	Mixed	Katie
9 – 10:15 am	Yoga	1 & 2	Victoria
10 – 10:45 am	Deep Water Workout	Mixed	Deb
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:45 – 6:30 pm	Core & More	1 & 2	Doug
6 – 7:15 pm	Yoga	2 & 3	Melissa T.
6:30 – 7:15 pm	Spinning	Mixed	Amy S.
TUESDAY			
7 – 7:45 am	Spinning	Mixed	Melissa D.
8 – 9 am	Yoga for Stiffs	1	Bob
9:30 – 10:30 am	Core Strength & Bal.	1 & 2	Angie
10 – 10:45 am	Aqua Fitness	Mixed	Deb
10:45 – 11:45 am	Otago Fall Prevention	1	Angie
Noon – 1 pm	Yoga	Gentle	Carmen
12:30 – 1:15 pm	Zumba	Mixed	Lynn
2 – 2:45 pm	Chair Strength & Stretch	Gentle	Carmen
5:30 – 6:15 pm	Guts & Glutes	Mixed	Melissa D.
6 – 7:15 pm	Yoga	1 & 2	Monica
6:30 – 7:15 pm	Interval Training	Mixed	Katie
7:30 – 8:30 pm	Yoga Flow	3	Marie
WEDNESDAY			
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	Carmen
Noon – 1 pm	Pilates	1 & 2	Victoria
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:45 – 6:45 pm	Community Yoga*	1 & 2	Marcia/ Melissa T.
<i>*ages 10+ (under 14 must be accompanied by adult)</i>			
6 – 7 pm	Strength & Cycle	Mixed	Amy
7 – 7:45 pm	Circuit Training	1 & 2	Kyle
THURSDAY			
7 – 7:45 am	Spinning	Mixed	Melissa D.
9:30 – 10:30 am	Core Strength & Bal.	1 & 2	Angie
10 – 10:45 am	Aqua Fitness	Mixed	Deb
10:45 – 11:45 am	Otago Fall Prevention	1	Angie
2 – 2:45 pm	Chair Strength & Stretch	Gentle	Carmen
5:30 – 6:15 pm	Guts & Glutes	Mixed	Melissa D.
6 – 7:15 pm	Yoga	1 & 2	Neenah
6:30 – 7:30 pm	Interval Training	Mixed	Katie
7:30 – 8:30 pm	Yoga: Deep Hold & Stretch	Mixed	Marie
FRIDAY			
6:15 – 6:45 am	Spin Express	2	Katie
8 – 9 am	Yoga	1	Larisa
10 – 10:45 am	Aqua Zumba	Mixed	Patricia
Noon – 1 pm	Yoga	1 & 2	Marcia
5:30 – 6:30 pm	Soulful Yoga	1 & 2	Basim
6 – 6:45 pm	Circuit Training	1 & 2	Kyle
SATURDAY			
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
SUNDAY			
11:30 am – 12:15 pm	Spinning	2	Denny
3 – 4:30 pm	Yin Yoga	1 & 2	Sandie

AUTUMN HOURS

Mon–Thur	Friday	Saturday	Sunday*
6 am–9 pm	6 am–7 pm	8 am–5 pm	11 am–5 pm

*women only 10–11 am

Pool closes 30 minutes prior to facility closure.

HOLIDAY CLOSURES: Nov 22, 23; Dec 24 – 26, 31; Jan 1

AUTUMN 2018

SEPT 4 – DEC 23

WEEKLY CLASSES
MEMBERSHIPS & DAY
PASSES AVAILABLE

AUTUMN 2018

SEPT 4 – DEC 23

SERIES & WORKSHOPS
MEMBERSHIPS & DAY
PASSES AVAILABLE

WELLNESS CENTER ANTIOCH COLLEGE



Please register in advance. Visit our website for fees and more information or call (937) 319-0100 for more details.
wellnesscenter.antiochcollege.edu

MASTERS SWIMMING

with Franklin Halley Sept 4 – Dec 21
Tuesdays & Fridays 6:15 – 7:30 am
Mondays & Wednesdays 6:30 – 8 pm

AMERICAN RED CROSS SWIM LESSONS

with Jennifer Johnson & Beth Holyoke
Sept 8 – 29, Oct 13 – Nov 3, Nov 10 – Dec 8 (no class Nov 24)
Saturdays 9:30 am – noon (start time varies by level)

YOUTH SWIM TEAM STROKE DEVELOPMENT SERIES

with Franklin Halley Saturdays 2 – 3 pm
Sept 29 – Freestyle Oct 6 – Backstroke
Oct 13 – Breaststroke Oct 20 – Butterfly

NEW AND FULL MOON FLOW with Marie Hertzler

New: Sunday, Sept 9 1:30 – 2:30 pm
Fridays, Nov 9 and Dec 7 6:45 – 7:45 pm
Full: Monday, Sept 24 7:30 – 8:30 pm
Wednesday, Oct 24 7:30 – 8:30 pm
Saturday, Dec 22 4 – 5 pm

YOGA IS MEDITATION with Joyce Reena

Sept 12, 19, 26; Oct 3, 10, 17
Wednesdays 7 – 8:15 pm

SALSA DANCE SERIES with Patricia Nelson

Fridays Sept 14, 21, 28; Oct 5 6 – 6:45 pm

LINE DANCE SERIES with Patricia Nelson

Series 1 – Sept 15, 22, 29; Oct 6
Series 2 – Oct 20, 27; Nov 3, 10
Saturdays 10:30 – 11:15 am

TANGO DANCE SERIES with Patricia Nelson

Fridays Oct 19, 26; Nov 2, 9 6 – 6:45 pm

YOUTH BALLROOM DANCE with Patricia Nelson FREE!

Saturday, Nov 10 1 – 1:45 pm

XING-YI SMASHING FIST FORM with Keith Grzelak

Tuesday, Sept 25 6 – 8 pm

TAI CHI AND NEI GONG

for Health, Mobility, and Balance with Keith Grzelak
Oct 9, 16, 23, 30; Nov 6
Thursdays 6 – 6:40 pm

XING YI QUAN (Form-Mind-Boxing) with Keith Grzelak

Oct 27; Nov 3, 10, 17, 24; Dec 1
Saturdays 3 – 3:50 pm

FALL PREVENTION AND BALANCE SERIES* with Lynn Hardman

Wednesdays, Oct 3, 10, 17, 24, 31 2 – 3 pm
**Fall Prevention and Balance Series free for SilverSneakers members*

WOMEN'S WELLNESS ONE-DAY RETREAT with Becky O'Brien

Sunday, Oct 21 10 am – 5 pm

STORY YOGA FOR KIDS with Georgia Jewell & Veronica Duke

Saturdays, Oct 27 and Nov 3 1 – 2 pm

CPR/AED FOR PROFESSIONAL RESCUERS with Mark Luzader

Saturday, Oct 27 9 am – 12 pm

AMERICAN RED CROSS FIRST AID/CPR/AED with Mark Luzader

Saturday, Oct 27 1 – 5 pm

THE MEDITATIVE MIND with Becky O'Brien

Sundays, Oct 28; Nov 4, 11, 18 12 – 1 pm

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