

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
Noon – 12:45 pm	Line Dancing	Mixed	Patricia
5 – 5:45 pm	Athletic Strength & Conditioning <small>ages 12+</small>	Mixed	Kyle
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
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
10 – 10:45 am	Aqua Fitness	Mixed	Deb
Noon – 1 pm	Yoga	Gentle	Carmen
12:15 – 12:45 pm	The Lunch Break	Mixed	Trevor
12:30 – 1:15 pm	Zumba	Mixed	Lynn
2 – 2:45 pm	Chair Strength & Stretch	Gentle	Carmen
6 – 7:15 pm	Yoga	1 & 2	Monica
6:30 – 7:15 pm	Interval Training	Mixed	Katie
WEDNESDAY			
6:15 – 6:45 am	Spin Express	2	Denny
9 – 10 am	Yoga	1 & 2	Basim
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
2 – 2:45 pm	Stability*	Mixed	Lynn
<small>*Open to SilverSneakers. Must present card.</small>			
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:45 – 6:45 pm	Community Yoga*	1 & 2	Melissa T./ Marcia
<small>*Ages 10+ (under 14 must be accompanied by adult)</small>			
6:30 – 7:15 pm	Circuit Training	1 & 2	Kyle
THURSDAY			
7 – 7:45 am	Spinning	Mixed	Melissa D.
10 – 10:45 am	Aqua Fitness	Mixed	Deb
12:15 – 12:45 am	The Lunch Break	Mixed	Trevor
12:30 – 1:15 pm	Zumba	Mixed	Lynn
2 – 2:45 pm	Chair Strength & Stretch	Gentle	Carmen
6:15 – 7:30 pm	Yoga Flow	2 & 3	Marie
6:30 – 7:15 pm	Interval Training	Mixed	Katie
FRIDAY			
6:15 – 6:45 am	Spin Express	2	Denny
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
5:45 – 6:15 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 Restorative Yoga	1 & 2	Sandie

WINTER/SPRING 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: MLK Day (Jan 21) and Easter (Apr 21)

WINTER/SPRING 2019

JAN 2 – APR 30

MEMBERSHIPS & DAY
PASSES AVAILABLE

WEEKLY CLASSES

WINTER/SPRING 2019

JAN 2 - APR 30

MEMBERSHIPS & DAY
PASSES AVAILABLE

SERIES & WORKSHOPS

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

AMERICAN RED CROSS SWIM LESSONS

with Jennifer Johnson & Beth Holyoke

Saturdays 9:30 am - 12:30 pm
Jan 5 - 26
Feb 9 - Mar 2
Mar 16 - Apr 6
Apr 27 - May 18

YOGA FOR KIDS with Georgia Jewell

Saturdays, Jan 5, 12, Feb 2, 9 9 - 10 am

MINDFULNESS SERIES with Louise Smith and Katie Egart

Mondays and Wednesdays 9 - 9:50 am
Jan 7 - Feb 27 (no class Jan 21)

YOGA IS MEDITATION SERIES with Joyce Reena

Tuesdays, Jan 8 - Feb 12 7:30 - 8:45 pm

REAL FOOD RESTART with Chelsea Carpentier and James Butler

Tuesdays 7 - 8:30 pm
Series 1 Jan 8 - Feb 5
Series 2 Apr 2 - Apr 30

YOUTH BALLROOM DANCE GROUP with Patricia Nelson

Fridays 4:15 - 5:15 pm
Cha Cha & Waltz Jan 11 - Feb 8
Swing & Salsa Mar 8 - Apr 5
Saturdays noon - 1 pm
Choreography Apr 12 - May 18

BALLROOM DANCE SERIES with Patricia Nelson

Fridays 5:45 - 6:30 pm
MERENGUE Jan 11 - Feb 1
BACHATA Mar 8 - 29
CHA CHA Apr 5 - 26

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

Saturday, Jan 12 1 - 5 pm

EMBODIED CREATIVITY YOGA & WRITING WORKSHOP

with Melissa Tinker and Rebecca Kuder

Sunday, Feb 3 11:30 am - 2:30 pm

TOUGH LOVE WORKSHOP: Overhaul your fitness routine

with Trevor Lowe

Sundays, Feb 3 - 24 noon - 1:30 pm

READ AND RENEW: A book discussion for your body, mind, & spirit

with Kara Pennella

Wednesdays, Feb 6 - 27 7:15 - 8:45 pm

WOMEN'S SELF-DEFENSE WORKSHOP with Christa Ashley

Saturday, Feb 9 1 - 3 pm

AMERICAN RED CROSS LIFEGUARD REVIEW with Mark Luzader

Sunday, Feb 10 8 am - 6 pm

IT TAKES TWO YOGA WORKSHOP

with Sandie Barletto and Marcia Sauer

Saturday, Feb 16 1 - 3:30 pm

KID'S DAY OUT with Chelsea Carpentier and Playwell Staff

Saturday, Feb 23 9 am - 4 pm

AN INTRODUCTION TO KUNDALINI YOGA SERIES

with Andrea Ciafardini

Wednesdays, Mar 6 - 27 6 - 7 pm

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

(Blended Course) with Mark Luzader

Apr 5, 5 - 9 pm; Apr 6, 9 am - 6 pm; Apr 7, 9 am - 6 pm

MINDFULNESS MEDITATION FOR STRESS REDUCTION

WORKSHOP with Amita Schmidt

Saturday, Apr 20 9:30 am - 12:30 pm

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			*women only 10-11 am

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