

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
11 – 11:45 am	Line Dancing	Beg +	Kevin
5 – 5:45 pm	Athletic Strength & Conditioning	Mixed	Kyle
5 – 5:45 pm	Zumba	Mixed	Radka
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
6 – 7:15 pm	Yoga	2 & 3	Melissa T.
TUESDAY			
7 – 7:45 am	Spinning	Mixed	Melissa D.
8 – 9 am	Yoga	1	Larisa
9 – 10 am	Core Strength & Balance	Mixed	Lynn
9:30 – 10:45 am	SlowMoFlow Yoga	1 & 2	Marie
10 – 10:45 am	Aqua Fitness	Mixed	Deb
10:30 – 11:30 am	Chair Interval Training* <i>*Free to SilverSneakers members</i>	Gentle	Lynn
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
6:15 – 7:30 pm	Yoga	1 & 2	Chelsea
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 Room Orientation	Intro	Lesley
10 – 10:45 am	Deep Water Workout	Mixed	Deb
10:30 – 11:30 am	Yoga	1	Carmen
Noon – 1 pm	Pilates	1 & 2	Victoria
4 – 5:15 pm	Yoga in French	Mixed	Marie
5:30 – 6:15 pm	Aqua Fitness	Mixed	Deb
5:45 – 6:45 pm	Community Yoga	1 & 2	Chelsea
6 – 6:45 pm	Ballroom Basics	Mixed	Dawn
6:30 – 7:15 pm	Circuit Training	1 & 2	Kyle
THURSDAY			
7 – 7:45 am	Spinning	Mixed	Melissa D.
9 – 10 am	Core, Strength, & Balance	Mixed	Lynn
9:30 – 10:45 am	SlowMoFlow Yoga	1 & 2	Marie
10 – 10:45 am	Aqua Fitness	Mixed	Deb
10:30 – 11:30 am	Chair Interval Training* <i>*Free to SilverSneakers members.</i>	Gentle	Lynn
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
5:30 – 6 pm	Fitness Room Orientation	Intro	Jamie
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
9 – 9:30 am	Zumba	Mixed	Radka
10 – 10:45 am	Aqua Zumba	Mixed	Radka
11 – 11:45 am	Line Dancing	Beg +	Kevin
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
12:30 – 1 pm	Fitness Room Orientation	Intro	Jamie
3 – 4:30 pm	Yin Restorative Yoga	1 & 2	Sandie

WEEKLY CLASSES

MAY 1 – AUG 31

MEMBERSHIPS & DAY
PASSES AVAILABLE

SPRING/SUMMER 2019

MAY 1 – AUG 31 **SPRING/SUMMER 2019**

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

TWILIGHT YOGA CONNECTION with Marie Hertzler
Wednesdays, May 8 – Jun 5 7:45 – 9 pm

COUNTRY COUPLES DANCE LESSONS with Kevin Glueckert
Fridays, May 17 – Jun 7 6 – 6:45 pm

THE EMBODIED VOICE with Hollyn Bermond
Saturday, May 18 1 – 4 pm

YOGA 101 with Larisa McHugh
Sundays, May 19 – Jun 9 11 am – 12:15 pm

INTEGRATIVE MOVEMENT AND BARTENIEFF FUNDAMENTALS with Madeleine Reber
Saturday, May 25 1 – 4 pm

KID'S DAY OUT with Chelsea Carpentier and Playwell Staff
Saturday, Jun 1 9 am – 4 pm

OUTDOOR FITNESS CLASS with Kyle Truitt
Every other Saturday 10 – 11 am
Jun 1 – Aug 31

REAL FOOD RESTART PROGRAM with Chelsea Carpentier and James Butler
Mondays, Jun 3 – Jul 1 7 – 8:30 pm

YOGA 101 with Marie Hertzler
Tuesdays, Jun 4 – Jun 25 6 – 7:15 pm

WHO AM I? with Myra Baker
Thursdays, Jun 6 – Jun 27 6 – 8 pm

CORE STABILITY & FUNCTIONAL BALANCE with Andrew Brody
Saturdays, Jun 15 – Aug 3 1 – 1:45 pm

AMERICAN RED CROSS CPR/FIRST AID/AED BLENDED LEARNING with Hannah DeLamatre
Saturday, Jun 15 1 – 5 pm

5K PREP PROGRAM with Katie Slanker
Jun 22 – Sep 7 (online)
Group meetings:
Saturday, Jun 22 10 – 11:30 am
Saturday, Jul 20
Saturday, Aug 17

IMMERSIVE YOGA with Hollyn Bermond
Saturdays, Jul 20 – Aug 10 3 – 4:30 pm

SPRING/SUMMER 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.

FACILITY CLOSURES: May 27 and July 4

POOL CLOSURE: August 9–20