



January Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			<i>Become our fan on Facebook!</i>	
12:00 PM Gentle Joint Aquacise Mickey/ Kee Level 1	12:00 PM Parkinson's Aqua Group Mickey Level 1	12:00 PM Gentle Joint Aquacise Mickey/ Kee Level 1	12:00 PM Parkinson's Aqua Group Mickey Level 1	
				<u>Level 1: Beginner, easy</u> <u>Level 2: Moderate, some challenge</u> <u>Level 3: Moderate to advanced, challenging</u>
5:30 PM Mat Pilates Jennifer Level 1-2		5:00 PM Mat Pilates Jillian Level 1-2		

Mat Classes

Pilates A class designed to tone core muscles through balance of strength and flexibility. The focus revolves around quality of each movement rather than amount of repetitions. Great for people recovering from back pain!

Aquatic Classes

Gentle Joint Aquacise This class is designed to help those with arthritis, fibromyalgia, and joint stiffness. Water exercise reduces joint stress and helps promote healthy movement and flexibility.

Parkinson's Aqua Group A pool class, open to people with Parkinson's Disease or for those neurologically impaired.



New classes always forming!
 Be sure to let us know if there is a class that you are interested in!



Payment Options



Class Pass

Entitles the user one WellCare class of their choice at **\$6 per session.**

Excludes use of aquatic center, gym equipment, and Pilates Studio.

Punch Card for Class Use

A pre-paid card for use with any WellCare group exercise class. Card expires one year after purchase.

5 Punches at \$29. 10 Punches at \$55.

A real bargain!

Pilates Studio

One on one Pilates studio sessions with a therapist!

30 minute session for \$30



Encore Program

An individualized program for post-therapy patients. Encore can begin as soon as transitioning to independence becomes an important component of your personal wellness plan. Your enrollment can be discussed with and determined by your individual physical therapist. Cost includes: daily use of aquatic center, cardio, and strength equipment. Monthly re-assessments and WellCare Coach guidance are included by appointment only.

Encore Hours:

Monday-Thursday 7:30 am to 6:00 pm

Friday 7:30 am to 1:00 pm

The pool is closed from 12-12:45 pm Monday through Thursday.

Monthly cost \$39

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Hours of Operation:

Monday-Thursday 7:30am-6:00pm

Friday 7:30am-5:30pm



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