

Pine Village Wellness Center Class Schedule (Updated 2/3/25)

		Land Exercise Classes	Aquatic Exercise Classes	
MONDAY			8:00 – 8:45 AM	Water Aerobics
	9:00 - 9:30 AM	Strength Training	8:45-11:00AM	Open Swim
	10:00 - 10:25 AM	IL Arthritis Exercise (Chapel)	11:00-11:30AM	Balance/ROM
	1:00-1:30PM	Balance Training	2:00-2:30PM	Water Zumba
			2:30-4:00PM	Open Swim
			4:00 – 4:45 PM	Water Aerobics
			4:45 – 5:15 PM	Open Swim
TUESDAY	8:30 - 8:55 AM	Chair Exercise	8:00 - 11:30 AM	Open Swim
	9:00 - 9:25 AM	Bal-A-Vis-X	2:30-4:00PM	Open Swim
	10:00 - 10:25 AM	Arthritis Exercise (Chapel)	4:00-4:45PM	Water Aerobics
			4:45-5:00PM	Open Swim
WEDNESDAY			8:00 – 8:45 AM	Water Aerobics
	9:00 - 9:30 AM	Strength Training	8:45-11:00AM	Open Swim
	10:00 - 10:25 AM	Arthritis Exercise (Chapel)	11:00-11:30AM	Balance/ROM
	1:00-1:30PM	Balance Training	2:00 -- 2:30PM	Water Zumba
			2:30 -- 4:00 PM	Open Swim
			4:00 -- 4:45 PM	Water Aerobics
			4:45 – 5:00 PM	Open Swim
THURSDAY	8:30 - 8:55 AM	Balance Training	8:00-11:30AM	Open Swim
	9:00 - 9:25 AM	Bal-A-Vis-X	2:30-4:00PM	Open Swim
	10:00 - 10:25 AM	Arthritis Exercise (Chapel)	4:00-4:45PM	Water Aerobics
			4:45-5:00PM	Open Swim
FRIDAY	9:00 - 9:30 AM	Strength Training	8:00 – 8:45 AM	Water Aerobics
	10:00 - 10:25 AM	Arthritis Exercise (Chapel)	8:45-11:00AM	Open Swim
	1:00-1:30PM	Balance Training	11:00-11:30AM	Balance/ROM
			1:00 -- 2:30 PM	Open Swim

Fitness Room Hours	
Monday-Thursday	7:30am-5:30pm
Friday	7:30am-3:00pm