

JANUARY

WELLNESS CENTER

SHEPHERD UNIVERSITY

shepherdwellness.com | (304) 876-5300

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
FACILITY HOURS	9 A.M. - 6 P.M.	6 A.M. - 9 P.M.	6 A.M. - 9 P.M.	6 A.M. - 9 P.M.	6 A.M. - 9 P.M.	6 A.M. - 9 P.M.	8 A.M. - 8 P.M.	
POOL HOURS <i>*Hours effective 1/16</i>	9 A.M. - 4 P.M.	6 A.M. - 3:45 P.M. 4:45 P.M. - 8:00 P.M.	6 A.M. - 3:45 P.M. 4:45 P.M. - 8:00 P.M.	6 A.M. - 3:45 P.M. 4:45 P.M. - 8:00 P.M.	*6 A.M. - 11:00 A.M. 12:15 P.M. - 3:45 P.M. 4:45 P.M. - 8:00 P.M.	6 A.M. - 3:45 P.M. 4:45 P.M. - 8:00 P.M.	8 A.M. - 4 P.M.	
GROUP EXERCISE CLASSES <i>Intensity levels:</i> Low Intensity Moderate Intensity High Intensity Silver Intensity	1:00 p.m. <i>Classical Yoga</i> 2:30 p.m. <i>Strong by Zumba</i> <i>Check out our group exercise schedule online for class changes and substitutions!</i>	9:00 a.m. <i>Silver Strength & Yoga</i> 12:00 p.m. <i>Gentle Yoga</i> 5:00 p.m. <i>Boot Camp</i> 6:00 p.m. <i>Beg. Yoga</i> 6:00 p.m. <i>Aqua Power Hour</i>	6:30 a.m. <i>Wake/Shape Up</i> 8:30 a.m. <i>Silver Aquatics</i> 9:30 a.m. <i>Zumba</i> 10:30 a.m. <i>Movement Mix</i> 5:00 p.m. <i>X Effect</i> 6:00 p.m. <i>Bang Power Dance</i> Free Tai Chi @ Noon	9:00 a.m. <i>Silver Strength & Yoga</i> 10:00 a.m. <i>Pilates</i> 10:00 a.m. <i>Silver Aquatics</i> 11:00 a.m. <i>Hatha Yoga</i> 4:30 p.m. <i>Hard Core</i> 5:00 p.m. <i>Wild Card Workout</i> 5:30 p.m. <i>Zumba</i>	6:30 a.m. <i>Wake/Shape Up</i> 8:30 a.m. <i>Silver Aquatics</i> 9:00 a.m. <i>Pilates</i> 10:00 a.m. <i>Movement Mix</i> 1:00 p.m. <i>Yin Yoga Flow</i> 5:00 p.m. <i>Boot Camp</i> 6:00 p.m. <i>Inter. Yoga</i>	8:30 a.m. <i>Aqua Zumba</i> 9:00 a.m. <i>Silver Strength</i> 10:00 a.m. <i>Classical Yoga</i> Free Exercise as Medicine @ 10 a.m.	8:30 a.m. <i>Aqua Dance</i> 9:00 a.m. <i>Boot Camp</i> 10:00 a.m. <i>Bang Power</i>	
<p>You have nothing to lose but inches! Purchase 24 Personal Training sessions and receive 10% OFF Offer Valid: 1/1-1/31</p> <p>Need a massage? Schedule an appointment with our massage therapist Kate Walsh at 757-435-4357</p> <p>Follow us on social media:  @WellnessSUWC  @Wellness_SU  @Wellness_SU</p>	Starting January 1, 2020, ALL members and students must swipe their membership card or their Rambler to gain access to our facility. No exceptions, please.			Happy New Year!! CLOSED FOR THE HOLIDAY				
	5	6 Home School Aquatics 10 a.m.- 1:15 p.m.	7 Group Swim Lessons 5:00 p.m. - 7:00 p.m. AQUA TOTS 6:30 - 7 p.m.	8 TRR @ 6:00 p.m.	9 Group Swim Lessons 5:00 p.m. - 7:00 p.m. AQUA TOTS 6:30 - 7 p.m.	10 Home School Aquatics 10 a.m.- 1:15 p.m.	11 ARENA CLOSED 3:00 P.M. - 6:00 P.M.	
	12	13 HS Aquatics 10 a.m.- 1:15 p.m. Sea Snakes Dev 6-7 p.m. Swim Team 7-8 p.m.	14 Group Swim Lessons 5:00 p.m. - 7:00 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	15 TRR @ 6:00 p.m.	16 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Group Swim Lessons 5-7 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	17 Sea Snakes Dev 6-7 p.m. Swim Team 7-8 p.m.	18	
	19	20 NO GROUP EXERCISE CLASSES	21 Group Swim Lessons 5:00 p.m. - 7:00 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	22 TRR @ 6:00 p.m.	23 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Group Swim Lessons 5-7 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	24 HS Aquatics 10 a.m.- 1:15 p.m. Sea Snakes Dev 6-7 p.m. Swim Team 7-8 p.m.	25	
	26	27 HS Aquatics 10 a.m.- 1:15 p.m. Sea Snakes Dev 6-7 p.m. Swim Team 7-8 p.m.	28 Group Swim Lessons 5:00 p.m. - 7:00 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	29 Wellness Wednesday Free access for all! TRR @ 6:00 p.m.	30 Pool closed for Academic Class 11:00 a.m.-12:15 p.m. Group Swim Lessons 5-7 p.m. AQUA TOTS 6:30 - 7 p.m. Swim Team 7-8 p.m.	31 HS Aquatics 10 a.m.- 1:15 p.m. Sea Snakes Dev 6-7 p.m. Swim Team 7-8 p.m.		



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