



February 2006

SEABURY FITNESS & WELLNESS CALENDAR

(Fitness Center is open daily for personal usage during hours of operation.)

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Services Provided: Annual Assessments Quarterly Assessments Fitness Orientations Massage Therapy Personal Training Nutritional Counseling Body Compositions Body Measurements Weekly Blood Pressure Screenings Bi-Weekly Hearing Aid Screenings	Educational resources: Fitness & Wellness Newsletter Monthly Lecture from Dr. Coll Monthly Fitness & Wellness Lecture	Workshops Available: Tai-Chi Qigong Meditation Breathing Techniques Yoga Pilates Reflexology Yoqua Kickboxing Dancing	Support Group: Weight Winners	1 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:00-2:00 Free/Lap Swim <i>NAT</i> 10:30-11:30 FWC Instruction <i>FS</i> 2:00-2:45 Water Therapy <i>NAT</i> 3:00-8:00PM Free/Lap Swim <i>NAT</i>	2 6:00-10:00 Free/Lap Swim <i>NAT</i> 9:00-9:30 Balance Circuit Training I <i>FS</i> 9:00-9:45 Fall Prevention I <i>AR</i> 10:00-10:30 H ₂ O Aerobics <i>NAT</i> 10:00-10:45 Fall Prevention III <i>AR</i> 10:30-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:30 Balance Circuit Training II <i>FS</i> 11:00-11:45 Fall Prevention II <i>AR</i>	3 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:30-11:00 Fall Prevention IV <i>BR</i> 10:00-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:45 Body Therapy I <i>CAS</i> 11:00-12:00 Dr.Coll's Lecture <i>HH</i>	4 6:00-8:00 <i>FWC</i> Open	5 6:00-8:00 <i>FWC</i> Open
6 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-8:00PM Free/Lap Swim <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:30-11:00 Body Therapy II <i>RR</i> 11:00-11:45 Body Therapy I <i>CAS</i> 2:00-3:00 Weight Winners <i>FS</i>	7 6:00-10:00 Free/Lap Swim <i>NAT</i> 9:00-9:30 Balance Circuit Training I <i>FS</i> 9:00-9:45 Fall Prevention I <i>AR</i> 10:00-10:30 H ₂ O Aerobics <i>NAT</i> 10:00-10:45 Fall Prevention III <i>AR</i> 10:30-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:30 Balance Circuit Training II <i>FS</i> 11:00-11:45 Fall Prevention II <i>AR</i> 5:00-5:45 Cardio Kickboxing <i>FS</i>	8 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:00-2:00 Free/Lap Swim <i>NAT</i> 10:30-11:30 FWC Instruction <i>FS</i> 2:00-2:45 Water Therapy <i>NAT</i> 3:00-8:00PM Free/Lap Swim <i>NAT</i>	9 6:00-10:00 Free/Lap Swim <i>NAT</i> 9:00-9:30 Balance Circuit Training I <i>FS</i> 9:00-9:45 Fall Prevention I <i>AR</i> 10:00-10:30 H ₂ O Aerobics <i>NAT</i> 10:00-10:45 Fall Prevention III <i>AR</i> 10:30-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:30 Balance Circuit Training II <i>FS</i> 11:00-11:45 Fall Prevention II <i>AR</i>	10 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:30-11:00 Fall Prevention IV <i>BR</i> 10:00-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:45 Body Therapy I <i>CAS</i>	11 6:00-8:00 <i>FWC</i> Open	12 6:00-8:00 <i>FWC</i> Open		
13 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-8:00PM Free/Lap Swim <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:30-11:00 Fitness Education Lecture <i>FS</i> 10:30-11:00 Body Therapy II <i>RR</i> 11:00-11:45 Body Therapy I <i>CAS</i> 2:00-3:00 Weight Winners <i>FS</i>	14 6:00-10:00 Free/Lap Swim <i>NAT</i> 9:00-9:30 Balance Circuit Training I <i>FS</i> 9:00-9:45 Fall Prevention I <i>AR</i> 10:00-10:30 H ₂ O Aerobics <i>NAT</i> 10:00-10:45 Fall Prevention III <i>AR</i> 10:30-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:30 Balance Circuit Training II <i>FS</i> 11:00-11:45 Fall Prevention II <i>AR</i> 5:00-5:45 Cardio Kickboxing <i>FS</i>	15 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:00-2:00PM Free/Lap Swim <i>NAT</i> 10:30-11:30 Staff Cleaning <i>FS</i> 2:00-2:45 Water Therapy <i>NAT</i> 3:00-8:00PM Free/Lap Swim <i>NAT</i>	16 6:00-10:00 Free/Lap Swim <i>NAT</i> 9:00-9:30 Balance Circuit Training I <i>FS</i> 9:00-9:45 Fall Prevention I <i>AR</i> 10:00-10:30 H ₂ O Aerobics <i>NAT</i> 10:00-10:45 Fall Prevention III <i>AR</i> 10:30-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:30 Balance Circuit Training II <i>FS</i> 11:00-11:45 Fall Prevention II <i>AR</i>	17 6:00-9:30 Free/Lap Swim <i>NAT</i> 8:00-8:30 Body Power <i>FS</i> 8:30-9:00 Body Stamina <i>FS</i> 9:00-9:30 Body Strength <i>FS</i> 9:30-10:00 Aqua Arthritis <i>NAT</i> 10:00-10:30 Body Relief <i>FS</i> 10:30-11:00 Fall Prevention IV <i>BR</i> 10:00-8:00PM Free/Lap Swim <i>NAT</i> 11:00-11:45 Body Therapy I <i>CAS</i>	18 6:00-8:00 <i>FWC</i> Open	19 6:00-8:00 <i>FWC</i> Open		
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FWC: Fitness & Wellness Center FC: Fitness Center FS: Fitness Studio NAT: Natatorium CAS: Creative Arts Studio AR: Activity Room RR: Rose Room BR: Blue Room HH: Heritage Hall