

# Wellness Center

## *Monday*

9:00 am - 9:30 am | Tai Ji

4:00 pm - 5:00 pm | Stretch with Nicole

## *Tuesday*

9:00 am - 10:00 am | Total Body Work Out with Carrie

## *Wednesday*

8:30 am - 9:30 am | Pickle Ball Light

11:00 am - 12:00 pm | Yoga with Victoria

## *Thursday*

9:30 am - 10:30 am | Water Aerobics

10:45 am | Sit and Be Fit in The Hearth

## *Friday*

8:30 am - 9:30 am | Pickle Ball Light

11:00 am - 12:00 pm | Brain & Body w/ Daphne