

Judson Wellness Center Exercise Class Schedule



Judson Park Pool Classes

**Classes conducted in the pool at Judson Park.
Open Swim occurs before and after all the class times.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00–8:45	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics
9:00–9:45		Power Walking		Power Walking	
11:00–11:45	Arthritis Exercise	Arthritis Exercise	Arthritis Exercise	Arthritis Exercise	Arthritis Exercise
1:00–1:45	Aerobics	Private Class	Aerobics	Private Class	Aerobics
6:00–6:45	Aerobics		Aerobics		Aerobics

Judson Park Land Classes

Classes conducted in the fitness studio at Judson Park.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00–8:45		Strength Training		Strength Training	
9:30–10:00	Arthritis Exercise		Arthritis Exercise		Arthritis Exercise
12:00–12:45	Strength Training		Strength Training	Yoga 12:15–12:45	
1:00–1:45	Yoga	Delay the Disease		Delay the Disease	
2:00–2:30				Balance Clinic	

For more information call 216-791-2393