

November 2025 Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
Hours	7am – 3pm	7am – 7pm	7am – 3pm	7am-7pm	7am – 3pm	9am – 1pm
8:30 - 9:30		Aqua Fit		No Lap Swim		
9:00 - 10:00	Tai Chi	Balance Circuit 9:00-9:45	Tai Chi	No Lap Swim Balance Circuit 9:00-9:45	Gym Equipment Orientation	
9:30 - 10:30						Aqua Strength
10:00 - 11:00	Silver Sneakers	Vinyasa Yoga	Silver Sneakers	Chair Yoga Aqua Fit	Aqua Fit Personal Training*	
11:00 - 12:00	Personal Training*	Yoga	Personal Training*	Special Tai Chi Nov. 20 th only	Personal Training*	Aqua Volleyball Fun
12:00 - 1:00	Chair Yoga					
1:00 - 2:00	Small Group-Aqua* No Lap Swim	Parkinson Brain Fitness	Strength Training for Women		Pickleball Practice Limited Gym Use	
4:00 - 7:00		Open pool: No lap swim		Open pool: No lap swim		

SilverSneakers Classic & Tai Chi classes are Complementary for Renew Active, Silver Sneakers. Silver & Fit Free Gym access daily, and Complementary Pool Time Monday, Tuesday, Wednesday, Friday, and Saturday at 10:30 to 12:30 pm.

Wellness Center Hours



Monday	7am – 3pm
Tuesday	7am - 7pm
Wednesday	7am – 3pm
Thursday	7am – 7pm
Friday	7am – 3pm
Saturday	9am – 1pm

Ph: 303-400-2294

Website: shalomwellnesscenter.org

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Women Strength Training: Improve bone & muscle strength with work on weight Machines, free weights and body weights.

Aqua Fit: Comprehensive Aqua class, range of motion and cardio conditioning. All fitness levels welcome.

Chair Yoga: A gentle yoga to improve flexibility, mobility, and strengthen the core utilizing a chair.

Yoga: A mind-body connection exercise that helps increase range of movement with different postures and breathing techniques. Helps promote mental and physical wellbeing.

Parkinson Fitness: Neuromuscular focused class with fun movement exercise to improve coordination and balance.

Silver Sneakers Classic: A integrated fitness class that incorporates strength, range of movement, balance plus coordination. A great conditioning class to help maintain an independent lifestyle.

Tai Chi: A traditional form of Chinese movement that promotes personal energy for self-healing and wellbeing.

Advanced Beginner Tai Chi: 3rd Thursday of the month -11:00

Gym Equipment Orientation: General information on our Strength and Cardio machines in the Wellness Center. Make a reservation with the front desk. For more in-depth guidance on strength training schedule a one-on-one personal training appointment.

Balance Circuit: Incorporates exercises that strengthen the muscles of your core, legs and back. We will work on coordination and gait. These exercises can improve stability and help prevent falls.

Small Group Aqua Personal Training: A specialized training incorporating customized exercise to focus on proper form and better movements patterns.

Pricing

\$10 Day Pass -Pool, Gym and Class for Day

\$7 Gym Classes: Core Balance, Yoga, Chair Yoga, Balance Circuit

\$70 Monthly Memberships

\$80 for a 10 Visit Punch Card

\$45 for One-Hour Personal Training Assessments

\$50 for One-Hour Personal Training,

\$15 for small group Personal Training

Special Pricing for PT Packages

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