

December 2025 Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
Hours	7am – 3pm	7am – 7pm	7am – 3pm	7am-7pm	7am – 3pm	9am – 1pm
9:00 - 10:00	Tai Chi Aqua Flowga	Balance Circuit 9:00-9:45 Aqua Fit	Tai Chi Aqua Splash Board 9:00-9:45	No Lap Swim Brain Balance	Gym Equipment Orientation Aqua Dance	
9:30 - 10:30						Aqua Fit
10:00 - 11:00	Silver Sneakers Classic	Vinyasa Yoga	Silver Sneakers Classic	Aqua Fit	Personal Training*	
11:00 - 12:00	Personal Training*	Yoga	Personal Training*	Adv. Beginner Tai Chi 4 & 18	Power Plate Training*	Aqua Volleyball Fun
12:00 - 1:00	Chair Yoga			Small Group-Aqua* No Lap Swim 12:30		
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		

Silver Sneakers 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 closed Thursday December 25 for Christmas.

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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Aqua Fit: A fun aqua class that focuses on range of motion and cardio conditioning. All fitness levels welcome.

Aqua Flowga: A gentle stretch and movement class to improve range of movement.

Aqua Splash Board- An aqua strength class. Get stronger in the water using this versatile board.

Aqua Dance- Have fun with dance moves in the water.

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 Brain Fitness: Neuromuscular class that incorporated fun movements to improve coordination and balance.

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

Gym Equipment Orientation: General information on our Strength and Cardio machines. Reservations required.

Women Strength Training: Improve bone & muscle strength by using weight machines, free weights and body weight.

Brain Balance: Fun class integrating physical movement and brain challenges. Helps improve cognitive function.

Balance Circuit: This class focuses on strengthening muscles of your core, and lower body. We work on coordination and gait to improve stability and help prevent falls.

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 - 11:15

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

Power Plate- \$5 session or \$20 month. Orientation Required.

Pricing

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

\$10 Gym Classes: Core Balance, Yoga, Chair Yoga, Balance Circuit

\$70 - Monthly Memberships

\$80 - a 10 Visit Punch Card

\$50 - One-Hour Personal Training Assessments

\$55 - One-Hour Personal Training

\$12 - Small group Personal Training

Special Pricing for PT Packages

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