

February 2026 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				No Lap Swim		
9:00 - 10:00	Tai Chi a	Balance Circuit 9:00-9:45 Aqua Fit	Tai Chi Aqua Splash Board	No Lap Swim Balance Circuit 9:00-9:45	Aqua Dance	
9:30 - 10:30						Aqua Strength
10:00 - 11:00	Silver Sneakers		Silver Sneakers	Aqua Fit	Personal Training*	
11:00 - 12:00	Personal Training*	Yoga	Personal Training*	Advanced Tai Chi 8 and 22	Personal Training*	
12:00 - 1:00	Chair Yoga			Small Group Aqua 12:30	Gym Equipment Orientation	
1:00 - 2:00	Small Group-Aqua* No Lap Swim	Parkinson Brain Fitness	Strength Training for Women		Pickleball Workshop 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, Wednesday, Friday, and Saturday at 10:30 to 12:30 pm. Special Breathwork for Resilience Workshop

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

February 2026 Class Schedule

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

Aqua Dance: Fun and Easy to follow dance moves in the water.

Aqua Splash Board: Aqua Strength class using the splash board for balance and strength.

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 postures and breathing. Helps promote mental and physical wellbeing.

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

Silver Sneakers Classic: An integrated fitness class that incorporates strength, range of movement, balance and 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: 1st and 3rd Thursday of the month -11:00

Gym Equipment Orientation: General information on our Strength and Cardio machines. Reservations required. For more guidance on strength training schedule a one-on-one personal training appointment.

Balance Circuit: Incorporates exercises that strengthen the core. We will work on coordination and gait.to improve stability and help prevent falls.

Strength Training: Improve bone and muscle strength. Work on weight machines, free weights and body weight exercises.

Pickleball Workshop: Learn how to play. 4 classes for \$35.

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

Power Plate Training: Orientation Required. \$5/session or \$20/month

Pricing

\$10 Day Pass -Pool, Gym, and/or Class

\$7 Gym Only

\$100 for a 10 Visit Punch Card

\$60 for One-on-One Personal Training. 55 minutes

\$14 for Small Group Personal Training.