

April 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 Aqua Flowga No-Lap-Swim a | Balance Circuit 9:00-9:45 Aqua Fit | Tai Chi Aqua Splash Board No Lap Swim | No Lap Swim Balance Circuit 9:00-9:45 | Aqua Dance No Lap Swim | |
| 9:30 - 10:30 | | | | | | Aqua Strength |
| 10:00 - 11:00 | Silver Sneakers | | Silver Sneakers | Aqua Fit | Personal Training* | No Lap Swim |
| 11:00 - 12:00 | Personal Training* | Yoga | Personal Training* | | Personal Training* | |
| 12:00 - 1:00 | Chair Yoga | | | Small Group Aqua 12:30 No Lap Swim | Gym Equipment Orientation | |
| 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, Wednesday, Friday, and Saturday at 10:30 to 12:30 pm. Closed April 2nd for Passover

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

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

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. Promotes 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.

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.

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

Pickleball Practice: Bring a friend to practice.

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.

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