

# May 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	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 Body Movement 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 May 25<sup>th</sup> for Memorial Day

## 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](http://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 Body Movement:** Feel good movement 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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