

## ***Aquatics***

- Arthritis Foundation Aquatic Program
- Hot Tub
- Open Swim
- Water Aerobics
- Water Volleyball

## ***Land Exercise***

- Arthritis Foundation Exercise Program
- Strength Training
- Tai-Chi
- Workout equipment

## ***Activities***

- Blood Pressure Checks
- Fitness Assessments
- National Senior Health & Fitness Day
- Salad Lunch and Lecture Series
- Trips
- Walk Kansas



**3001 Ivy Drive  
North Newton, KS 67117**

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## ***Wellness Centre***

### **Hours**

**Monday - Friday**

6:30 a.m.-3:30 p.m.

### **Saturday**

6:30-10:30 a.m.

### **Evenings**

as scheduled

## **Memberships**

Permission from your physician is required. Please pick up a form at the Wellness Centre. Village residents may use the Wellness Centre at no charge.

Cost to others:

\$28.00 per month

or

\$28.00 for 10 visits



**Wellness**

**Centre**



**Weekly  
Schedule**

# Wellness Centre Schedule

<b>Time</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>24 hours</b>	Fitness equipment	Fitness Equipment	Fitness equipment	Fitness equipment	Fitness equipment
<b>7 a.m.</b>	Water Wake Up	Water Wake Up	Water Wake Up	Water Wake Up	Water Wake Up
<b>7:25 a.m.</b>	Strength Training		Strength Training		Strength Training
<b>7:30 a.m.</b>		Water Volleyball		Water Volleyball	
<b>8 a.m.</b>	Strength Training		Strength Training		Strength Training
<b>8:30 a.m.</b>	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
<b>9:30 a.m.</b>	Open Exercise/Open Swim to 10:30 a.m.	Open Exercise/Open Swim to 10:30 a.m.	Open Exercise/Open Swim to 10:30 a.m.	Open Exercise/Open Swim to 10:30 a.m.	Open Exercise/Open Swim to 10:30 a.m.
<b>10:30 a.m.</b>	Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program
<b>1 p.m.</b>	Water Aerobics		Water Aerobics		Water Aerobics
<b>2 p.m.</b>	Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program		Arthritis Foundation Aquatic Program
<b>2 p.m.</b>	Arthritis Foundation Exercise Program	Strength Training	Arthritis Foundation Exercise Program	Strength Training	Arthritis Foundation Exercise Program
<b>6 p.m.</b>		Evening Water Aerobics		Evening Water Aerobics	

**The Wellness Centre is open from 6:30-10:30 a.m. Saturdays for open exercise/open swim.**

**Kick-It class is at 9 a.m. Saturdays.**