



Senior Schedule

425 E 5th St
New Richmond WI 54017
715-246-2252

April - May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty	Water Moves 7:00-7:45am (P) Betty		
Water Works 8:00-9:00am (P) Christina	Aqua Blast (deep water) 8:00-9:00am (P) Edna	Water Works 8:00-9:00am (P) Christina	Water Works 8:00-9:00am (P) Christina	AquaLibrium 8:00-9:00am (P) Jeff	Water Works 8:00-9:00am (P) Susan	
Water Works 9:00-10:00am (P) Susan	Pickleball 8:30am-10:30am (G)	Water Works 9:00-10:00am (P) Susan	Pickleball 8:30-10:30am (G)	AquaLibrium 9:00-10:00am (P) Jeff	Pickleball 10:00am - 12:00pm (G)	
Pickleball 10:00am-12:00pm (G)	Aqua Blast 9:00-10:00am (P) Edna	Pickleball 10:00am-12:00pm (G)	Water Works 9:00-10:00am (P) Susan	Step & Groove (easy dance) 10:00-11:00am (RCU) Fitness on Demand		
	Strength II (by Silver&Fit) 9:30-10:30am (RCU) Rochelle		Strength II (by Silver&Fit) 9:30-10:30am (RCU) Rochelle			Pickleball 4:00-5:30pm (G)
AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	SilverSneakers® Classic/ Senior Fitness 10:45-11:35am (RCU) Aletha/Laura	AquaAttack/CORE Combo 12:00-1:00pm (P) Edna	SilverSneakers® Classic/ Senior Fitness 10:45-11:35am (RCU) Aletha/Laura	Pickleball 10:00am-12:00pm (G)		
	Aqualates 12:00-1:00pm (P) Aletha		Aqualates 12:00-1:00pm (P) Aletha			Class Locations: RCU RCU Studio P Pool G Gymnasium

The Gymnasium will be closed for painting and ceiling tile repairs Monday, April 22 - Saturday, April 27 (reopening Sunday, April 28)
Memorial Day Hours: 7:00 am to 12:00 pm

Facility Hours

	May - September	October - April
Monday - Friday	4:45 AM - 8:00 PM	4:45 AM - 9:00 PM
Saturday - Sunday	6:00 AM - 6:00 PM	6:00 AM - 6:00 PM

Kids Kove Hours

	May - September	October - April
Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 6:45 PM	8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM	8:00 AM - 12:00 PM
Sunday	Closed	10:30 AM - 1:00 PM

Please note that all program areas close 15 minutes before the facility.

Updated 03/12/24

Activity Descriptions

Aqua Attack/CORE Combo (2.5): An energizing, powerful, uplifting, and a fun effective way to burn calories and tone your muscles. Cardio movements will include kickboxing and other aerobic moves while emphasizing a strong focus on your core (abdominals, posture, vertebrae and buttocks).

Aqua Blast (2.5): A total low impact aerobic workout using shallow and deep water, abs, light strength work, and stretching. Open to all abilities.

Aqualates (2.5) - Principles of land-based Pilates are applied in the water. These moves focus on core strength and stability, flexibility, balance, and range of motion. This is not an aerobic class, although aerobic movements are included in the warm up and when needed to keep muscles warm.

AquaLibrium (2): This class is a mix of water resistance exercise and range of motion practices utilizing paddles, foam dumbbells, and water noodles.

Pickleball: Learn, play, and enjoy one of the fastest growing sports in the country. Pickleball is a racquet sport that is a cross between tennis, badminton, and ping-pong. It can be played by all ages and will provide the opportunity to meet friends, be physically active, and have fun! The Centre will provide the nets and if you don't have your own, the paddles and pickleballs as well.

SilverSneakers® Classic (1): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Strength II (brought to you by Silver&Fit) (2): A high level class for members wanting to work on muscle endurance and core strength. This class works with a variety of resistance tools. Participants must be able to get on the floor for mat work.

Water Moves (1.5): The perfect combination of gentle, yet effective aerobic exercises, muscle toning, strengthening, stretching, and posture improving exercises make this the perfect workout for persons over 50. Also a great choice for persons with Arthritis, Fibromyalgia, recovering from and injury, or pregnant.

Water Works (3): A fun, energetic class that can be adapted to your own level with a balanced focus on upper body and lower body exercises. Join us for lively discussions, laughter, and fun (with a little exercise on the side)!