

# MARCH

## 2026 ACTIVITIES

### Veale Wellness & Aquatic Center

Monday through Friday | 8 a.m. to 4 p.m.

Pool Closes at 3:45 p.m.

4950 Northridge Drive | Willoughby, Ohio 44094 | P:440.942.4349 F:440.954.8337

#### Mondays

**8:45 a.m.**  
**Water Barre**  
 Pool  
 Instructor: Kimberly

**9 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray  
 No class 3/9 or 3/16

**10 a.m.**  
**Water Aerobics**  
 Pool  
 Instructor: Kimberly

**11 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray

**12:30 p.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray

**2 p.m.**  
**Standing Balance**  
 Gym  
 Instructor: Kimberly

\*Please note that Ray is away and some of his classes are cancelled until his return

#### Tuesdays

**10 a.m.**  
**Pool Fitness**  
 Pool  
 Instructor: Kimberly  
 No class 3/24

**11 a.m.**  
**Beginner T'ai Chi'**  
 Gym  
 Instructor: Kimberly  
 No class 3/24

**12:45 p.m.**  
**Chair Yoga**  
 Club Room  
 Instructor: Sue  
 No class 3/17

**1 p.m.**  
**Water Arthritis**  
 Pool  
 Instructor: Kimberly  
 No class 3/24

**1:45 p.m.**  
**Chair Yoga**  
 Club Room  
 Instructor: Sue  
 No class 3/17

#### Wednesdays

**9 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray  
 No class 3/11

**9:30 a.m.**  
**Deep Water Exercise**  
 Pool  
 Instructor: Kimberly

**11 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray

**12:30 p.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray

**2 p.m.**  
**Water Balance**  
 Pool  
 Instructor: Kimberly

#### Thursdays

**9 a.m. \*NEW**  
**Standing Balance**  
 Gym  
 Instructor: Kimberly

**10 a.m.**  
**Pool Fitness**  
 Pool  
 Instructor: Kimberly

**11 a.m.**  
**Dance Aerobics**  
 Gym  
 Instructor: Kimberly

**12:45 p.m.**  
**Chair Yoga**  
 Club Room  
 Instructor: Sue

**1 p.m.**  
**Water Arthritis**  
 Pool  
 Instructor: Kimberly

**1:45 p.m.**  
**Chair Yoga**  
 Club Room  
 Instructor: Sue

**2:30 p.m.**  
**Volleyball**  
 Gym  
 Residents

#### Fridays

**8:45 a.m.**  
**Water Barre**  
 Pool  
 Instructor: Kimberly

**9 a.m.**  
**Pilates**  
 Gym  
 Instructor: Ray  
 No class 3/6 or 3/13

**9:30 a.m.**  
**Deep Water Exercise**  
 Pool  
 Instructor: Kimberly

**10 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray  
 No class 3/6 or 3/13

**11 a.m.**  
**Strengthening**  
 Gym  
 Instructor: Ray

