

JULY

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 | **R:**440.942.4349 **P:**440.942-8031

The Facility will be closed Friday July 3rd in Celebration of the 250th Birthday of the USA

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>8:45 a.m. Water Barre Pool Instructor: Kimberly</p>	<p>10 a.m. Chair Yoga Club Room Instructor: Sue</p>	<p>9 a.m. Strengthening Gym Instructor: Ray</p>	<p>9 a.m. Standing Balance Gym Instructor: Kimberly</p>	<p>8:45 a.m. Water Barre Pool Instructor: Kimberly</p>
<p>9 a.m. Strengthening Gym Instructor: Ray</p>	<p>10 a.m. Pool Fitness Pool Instructor: Kimberly</p>	<p>9:30 a.m. Deep Water Exercise Pool Instructor: Kimberly</p>	<p>10 a.m. Pool Fitness Pool Instructor: Kimberly</p>	<p>9 a.m. Pilates Gym Instructor: Ray</p>
<p>10 a.m. Water Aerobics Pool Instructor: Kimberly</p>	<p>11 a.m. Advanced T'ai Chi' Gym Instructor: Kimberly</p>	<p>11 a.m. Strengthening Gym Instructor: Ray</p>	<p>11 a.m. Dance Aerobics Gym Instructor: Kimberly</p>	<p>9:30 a.m. Deep Water Exercise Pool Instructor: Kimberly</p>
<p>11 a.m. Strengthening Gym Instructor: Ray</p>	<p>12:45 p.m. Chair Yoga Club Room Instructor: Sue</p>	<p>12:30 p.m. Strengthening Gym Instructor: Ray</p>	<p>12:45 p.m. Chair Yoga Club Room Instructor: Sue</p>	<p>11 a.m. Strengthening Gym Instructor: Ray</p>
<p>12:30 p.m. Strengthening Gym Instructor: Ray</p>	<p>1 p.m. Water Arthritis Pool Instructor: Kimberly</p>	<p>2 p.m. Water Balance Pool Instructor: Kimberly</p>	<p>1 p.m. Water Arthritis Pool Instructor: Kimberly</p>	
<p>1 p.m. Interval Walking & Exercise Track and Gym Instructor: Chris. <i>Learn P.R.E. Work at your own pace to achieve greater cardio health, strength & calorie burning.</i></p>			<p>1:45 p.m. Chair Yoga Club Room Instructor: Sue</p>	
<p>2 p.m. Standing Balance Gym Instructor: Kimberly</p>			<p>2:30 p.m. Volleyball Gym Residents <i>(NO game July 2nd)</i></p>	

MWF IN HOME FITNESS with Ray is available. Call 440. 942. 8031 for an appt.

