

# APRIL 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

**The Facility will be closed on Friday April 3, 2026.**

**Happy Easter!**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>8:45 a.m.</b> <b>Water Barre</b> Pool Instructor: Kimberly	<b>10 a.m.</b> <b>Pool Fitness</b> Pool Instructor: Kimberly	<b>9 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>9 a.m.</b> <b>Standing Balance</b> Gym Instructor: Kimberly	<b>8:45 a.m.</b> <b>Water Barre</b> Pool Instructor: Kimberly
<b>9 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>11 a.m.</b> <b>Advanced T'ai Chi'</b> Gym Instructor: Kimberly	<b>9:30 a.m.</b> <b>Deep Water Exercise</b> Pool Instructor: Kimberly	<b>10 a.m.</b> <b>Pool Fitness</b> Pool Instructor: Kimberly	<b>9 a.m.</b> <b>Pilates</b> Gym Instructor: Ray
<b>10 a.m.</b> <b>Water Aerobics</b> Pool Instructor: Kimberly	<b>12:45 p.m.</b> <b>Chair Yoga</b> Club Room Instructor: Sue	<b>11 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>11 a.m.</b> <b>Dance Aerobics</b> Gym Instructor: Kimberly	<b>9:30 a.m.</b> <b>Deep Water Exercise</b> Pool Instructor: Kimberly
<b>11 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>1 p.m.</b> <b>Water Arthritis</b> Pool Instructor: Kimberly	<b>12:30 p.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>12:45 p.m.</b> <b>Chair Yoga</b> Club Room Instructor: Sue	<b>10 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray
<b>12:30 p.m.</b> <b>Strengthening</b> Gym Instructor: Ray	<b>1:45 p.m.</b> <b>Chair Yoga</b> Club Room Instructor: Sue	<b>2 p.m.</b> <b>Water Balance</b> Pool Instructor: Kimberly	<b>1 p.m.</b> <b>Water Arthritis</b> Pool Instructor: Kimberly	<b>11 a.m.</b> <b>Strengthening</b> Gym Instructor: Ray
<b>2 p.m.</b> <b>Standing Balance</b> Gym Instructor: Kimberly			<b>1:45 p.m.</b> <b>Chair Yoga</b> Club Room Instructor: Sue	
			<b>2:30 p.m.</b> <b>Volleyball</b> Gym Residents	

