

JUNE

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

10 a.m.
Water Aerobics
Pool
Instructor: Kimberly

11 a.m.
Strengthening
Gym
Instructor: Ray

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

1 p.m.*NEW
Interval Walking & Exercise
Track and Gym
Instructor: Chris

2 p.m.
Standing Balance
Gym
Instructor: Kimberly

***Interval Walking & Exercise: Learn Perceived Rate of Exertion and work at your own pace to achieve greater cardiovascular health, strength and calorie burning.**

Tuesdays

10 a.m. New Time
Chair Yoga
Club Room
Instructor: Sue

10 a.m.
Pool Fitness
Pool
Instructor: Kimberly

11 a.m.
Advanced T'ai Chi'
Gym
Instructor: Kimberly

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

1 p.m.
Water Arthritis
Pool
Instructor: Kimberly

Wednesdays

9 a.m.
Strengthening
Gym
Instructor: Ray

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.
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 6/12

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

10 a.m.
Strengthening
Gym
Instructor: Ray
No class 6/12

11 a.m.
Strengthening
Gym
Instructor: Ray

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

