

SEPTEMBER

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 VWAC will be closed Monday September 7th in observance of Labor Day

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:45 a.m. Water Barre Pool Instructor: Kimberly	9 a.m. *NEW Beginner T'ai Chi' Gym Instructor: Kimberly (Starts Sept. 8th)	9 a.m. Strengthening Gym Instructor: Ray	9 a.m. Standing Balance Gym Instructor: Kimberly	8:45 a.m. Water Barre Pool Instructor: Kimberly
9 a.m. Strengthening Gym Instructor: Ray	10a.m. Chair Yoga Club Room Instructor: Sue	9:30 a.m. Deep Water Exercise Pool Instructor: Kimberly	10 a.m. Pool Fitness Pool Instructor: Kimberly	9 a.m. Pilates Gym Instructor: Ray
10 a.m. Water Aerobics Pool Instructor: Kimberly	10 a.m. Pool Fitness Pool Instructor: Kimberly	11 a.m. Strengthening Gym Instructor: Ray	11 a.m. Dance Aerobics Gym Instructor: Kimberly	9:30 a.m. Deep Water Exercise Pool Instructor: Kimberly
11 a.m. Strengthening Gym Instructor: Ray	11a.m. Advanced T'ai Chi' Gym Instructor: Kimberly	12:30 p.m. Strengthening Gym Instructor: Ray	12:45 p.m. Chair Yoga Club Room Instructor: Sue	10 a.m. Strengthening Gym Instructor: Ray
12:30 p.m. Strengthening Gym Instructor: Ray	12:45 p.m. Chair Yoga Club Room Instructor: Sue	2 p.m. Water Balance Pool Instructor: Kimberly	1 p.m. Water Arthritis Pool Instructor: Kimberly	11 a.m.* NEW Stamina & Strength Gym Instructor: Kimberly (40 min. of Standing Cardio and weights)
1 p.m. Interval Walking & Exercise Track and Gym Instructor: Chris.	1 p.m. Water Arthritis Pool Instructor: Kimberly No Yoga Sept. 29th.		1:45 p.m. Chair Yoga Club Room Instructor: Sue	
2 p.m. Standing Balance Gym Instructor: Kimberly			2:30 p.m. Volleyball Gym Residents No Yoga Oct 1st.	

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

