

Waverly Gardens WINGS Wellness

Wellness Center Information

Fob Access	24/7
Open gym	8:00 am~7:00 pm M-F
Saturdays	8:00 am~noon
Sundays	Closed

Pool Information

Open swim	8:00 am~9:15 am M,W,F
Tuesdays	9:15 am-10:45 a.m. 3:45 p.m.-4:45 p.m..
Thursdays	9:15 a.m.-10:45 a.m. 3:45 p.m.-4:45 p.m.
Saturdays (Family Swim)	11:00 am~ 1:00 p.m.

Personal Training

By appointment. Please call the Wellness Center for more information.

*Pool and class times are subject to change

Exercise Classes in the Wellness Center

Chair Exercise (30 minutes)	11:00 am M-F 10:00 am Sat
Dance Aerobics (45 minutes)	9:00 am Tue & Thurs
Fit to be Balanced (45 minutes)	1:00 pm Tue & Thurs
Pool Aerobics (45 minutes)	9:30 am M,W,F 9:00 am Sat 2:15 pm Mon.
Arthritis Foundation (45 minutes)	3:00 pm Tue & Thurs (pool class)
Care Center Class (30 minutes)	1:15 pm M,W,F

Classes Offered in Common Areas

Hearth Exercises (30 minutes)	10:15 am Tue & Thurs
Caring Companions (30 minutes)	10:15 am M & W 10:00 am Friday

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