



**Dora Roberts
Rehabilitation
Center**

GET FIT & HEALTHY
at the
DRRC WELLNESS CENTER

- No contracts required - \$20 entrance fee
- Tailored exercise programs designed to meet individual goals.
- Top of the line strength and cardio equipment- Precor, Freemotion, Sci Fit.
- Monthly membership Fee: \$30/month - senior & corporate discounts available
- Newly renovated heated pool
- Cardio Theatre for individualized entertainment
- Fitness on Demand for Video Led Instruction

2018 INSTRUCTOR-LED FITNESS CLASSES

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Water Aerobics w/ Patty Schuelke	Water Aerobics w/ Patty Schuelke		Water Aerobics w/ Patty Schuelke	
9:00AM	Pilates w/ Megan Becker		Pilates w/ Megan Becker		Pilates w/ Megan Becker
9:00AM	Chair Exercise w/Patty or Melissa	Chair Exercise w/Patty or Melissa		Chair Exercise w/ Patty or Melissa	
10:00 AM	Water Aerobics w/ Patty Schuelke	Water Aerobics w/ Patty Schuelke		Water Aerobics w/ Patty Schuelke	
5:15 PM	Water Aerobics w/Annie McKinnon		Water Aerobics w/Annie McKinnon		Water Aerobics w/Annie McKinnon
5:30 PM	Barre w/ Megan Becker	Yoga w/ Rett Hutto	Barre w/Megan Becker	Yoga w/Rett Hutto	

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