

Fitness Center Class Schedule



April 2026

Open Daily 7 AM to 7 PM

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Alz. Support Group 2:30 PM 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	2 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	3 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Water Volleyball
6 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	7 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	8 Wellness Wed. @ 2 PM 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	9 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	10 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Water Volleyball
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20 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 Water Volleyball NO 2 PM Stretch & Strength NO 3 PM Balance & Stretch	21 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	22 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Volleyball NO 2 PM Floor Stretch NO 3 PM Balance & Stretch	23 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	24 Pizza by the Pond @ 12 PM 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 Tai Chi (30) 10:30 Zumba Gold/Toning (45)
27 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	28 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	29 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	30 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	