

Fitness Center Class Schedule

Open Daily
7 AM to 7 PM



August 2025

Open Swim Schedule

Tuesdays & Thursdays **2 PM**
Saturdays **3 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
4 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 Stretch & Strength (floor) 3 PM Balance & Stretch (30)	5 8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (30) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	6 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	7 8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	8 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:15 Aqua Groove (45)
11 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 Stretch & Strength (floor) 3 PM Balance & Stretch (30)	12 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)	13 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	14 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	15 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> NO 10:30 Zumba Gold/Toning 11:15 Water Aerobics (45)
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