

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

August 2026

Open Swim

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	4 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)	5 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	6 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	7 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
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