

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

December 2025

Open Swim

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	2 8:30 AM Yoga (60) 9:45 AM Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	3 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)	4 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	5 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
8 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)	9 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)	10 Wellness Series 12 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	11 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	12 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
15 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)	16 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)	17 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)	18 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	19 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
22 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 AM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	23 8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	24 Christmas Eve 10 AM Functional Movement (40)	25 Merry Christmas! NO Classes Today	26 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> NO 10 AM Tai Chi 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
29 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 AM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	30 8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	31 New Year's Eve 10 AM Functional Movement (40)		