

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

February 2026

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 Water Aerobics 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	3 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)	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 Floor Stretch (30) 3 PM Balance & Stretch (30)	5 8:30 Yoga with (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	6 * Wear RED Day * 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 Volleyball
9 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	10 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)	11 Wellness Wednesday 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)	12 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	13 Catherine Off NO 10 AM Courtyard Chair Yoga 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Volleyball
16 Catherine Off 10 AM Functional Movement 11:30 Water Aerobics (45) 12:30 Water Aerobics 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	17 Catherine Off 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) NO 1:30 Machine Circuit Training	18 Catherine Off 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) 2:00 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	19 Catherine Off 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) NO 1:30 Machine Circuit Training	20 Catherine Off NO 10 AM Courtyard Chair Yoga 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Volleyball ~ National Caregivers Day ~
23 NO 10 AM Functional Movement 11:30 AM Water Aerobics (45) 12:30 Water Aerobics 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	24 8:30 Yoga (60) 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	25 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)	26 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	27 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Volleyball