



Open Swim:

Tuesday and Thursday 2:00 p.m. and Saturday 3:00 p.m

GYM & POOL HOURS 6AM to 8 PM

Fitness Center Class Schedule

2024

MON	TUE	WED	THU	FRI
1	2	3	4	5
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(30) 10:30 Move and Groove(30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30)	9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30) 3:45 Stretch and Strengthen (60) 5:15 Water Aerobics (45)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Functional Movement (30)	10:00 Yoga Flow& a Cup of Joe <i>Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
8	9 Alz Association 2-4	10 WELLNESS WEDNESDAY 1-4PM	11	12
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(30) 10:30 Move and Groove(30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30) 2:00 Respite Fitness Fun	9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30) 3:45 Stretch and Strengthen (60) 5:15 Water Aerobics (45)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Functional Movement (30)	10:00 Yoga Flow& a Cup of Joe <i>Cypress Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
15	16	17	18	19
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch(30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Move and Groove(30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30)	9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30) 3:45 Stretch and Strengthen (60) 5:15 Water Aerobics (45)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Cardio Drumming-Stix (30) 1:30 Functional Movement (30)	10:00 Yoga Flow& a Cup of Joe <i>Mimosa Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
22	23	24 WELLNESS WEDNESDAY 2 4PM	25	26
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Move and Groove (30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30)	9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30) 3:45 Stretch and Strengthen (60) 5:15 Water Aerobics (45)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Functional Movement (30)	10:00 Yoga Flow& a Cup of Joe <i>Juniper Courtyard</i> 10:30 Move and Groove (30) 11:15 Water aerobics (45)
29	30	<p>Reminder: Fitness Series Every Saturday at 9AM on the Wellness Center Front Lawn</p> <p>Fitness Series Schedule: April 6th: Yoga on the Lawn April 13th: Tai Chi on the Lawn April 20th: Zumba on the Lawn April 27th: Chalk Walk</p>		