

Fitness Center Class Schedule

WALKING CHALLENGE



Open Swim:

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

GYM & POOL HOURS 6AM to 8 PM

MON	TUE	WED	THU	FRI
	1 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)	2 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics(45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30)	3 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 Machine Circuit Training (30)	4 10:00 Yoga Flow& a Cup of Joe <i>115 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
7 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8 Alz Association 2-4 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 Machine Circuit Training (30)	9 Pizza by the Pond 12:15 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30)	10 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 Machine Circuit Training (30)	11 10:00 Yoga Flow& a Cup of Joe <i>115 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
14 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) NO 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aero 1:30 Water Aerobics (45) 3:00 Balance & Stretch(30)	15 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)	16 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) NO 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	17 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 Machine Circuit Training (30)	18 10:00 Yoga Flow& a Cup of Joe <i>115 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
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