



February 2023



Fitness Center Class Schedule

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
		3	1	2
February Five Challenge			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)	10:30 Move and Groove (30) 11:15 Aqua Groove (45)
5	6 Alz Association 2-4	7	8	9
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 3:00 Balance and Stretch (30)	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)	10:30 Move and Groove (30) 11:15 Aqua Groove (45)
12	13	14 VALENTINES DAY <3	15	16
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement 11:30 Water Aerobics (45) 1:30 Water Aerobics (45) LUZ 3:00 Balance & Stretch(30) karin	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) 2:00 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) LUZ 3:00 Balance & Stretch (30) cat	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)	10:30 Move and Groove (30) 11:15 Aqua Groove (45)
19	20	21	22	23
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)	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)	10:30 Move and Groove (30) 11:15 Water aerobics (45)
26	27	28 WELLNESS WEDNESDAY	29	
9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (30) 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 3:00 Balance and Stretch (30)	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)	

