



Fitness Center Class Schedule

2024

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 DERBY DAY 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 DERBY DAY PARTY 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30) 3:45 Stretch and Strengthen (60) 5:15 Water Aerobics (45)	2 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)	3 10:00 Yoga Flow& a Cup of Joe <i>119 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
6 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)	7 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) 2:00 Respite Fitness Fun	8 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)	9 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)	10 10:00 Yoga Flow& a Cup of Joe <i>115 Cypress Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
13 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)	14 Alz Association 2-4 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)	15 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)	16 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)	17 10:00 Yoga Flow& a Cup of Joe <i>118 Mimosa Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
20 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)	21 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 Machine Circuit Training (30)	22 WELLNESS WEDNESDAY @ 4PM 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)	23 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) NO 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	24 10:00 Yoga Flow& a Cup of Joe <i>116 Juniper Courtyard</i> 10:30 Move and Groove (30) NO 11:15 Aqua Groove (45)
27 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)	28 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 Machine Circuit Training (30)	29 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)	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 Machine Circuit Training (30)	31 10:00 Yoga Flow& a Cup of Joe <i>116 Juniper Courtyard</i> 10:30 Move and Groove (30) 11:15 Water aerobics (45)

