

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

November 2025

Open Swim

Tuesdays & Thursdays **2 PM** ~ Saturdays **3 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	4 8:30 AM Yoga (60) 9:45 AM Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	5 Aging Compass Series: 12 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	6 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 1:30 Machine Circuit Training (30)	7 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10 AM Tai Chi (30) NO 10:30 Zumba Gold/Toning 11:15 Water Aerobics (45)
10 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 Stretch & Strength (floor) 3 PM Balance & Stretch (30)	11 Veteran's Day 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) NO 10:30 Zumba Gold/Toning 1:30 Machine Circuit Training (30)	12 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	13 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 1:30 Machine Circuit Training (30)	14 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10 AM Tai Chi (30) NO 10:30 Zumba Gold/Toning 11:15 Water Aerobics (45)
17 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 AM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	18 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)	19 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 Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	20 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 1:30 Machine Circuit Training (30)	21 Holiday Pop-Up Shop 1-5 PM 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
24 10 AM Functional Movement (40) 11:30 AM Water Aerobics (45) 12:30 AM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	25 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)	26 NO 9 AM Tai Chi NO 9:30 Follow-Me Tai Chi 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	27 Happy Thanksgiving NO Classes Today	28 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)