



Fitness Center Class Schedule

SUMMER FITNESS CHALLENGE! Come to the gym 10 times this month to be entered to win!

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) NO 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)	2 10:00 Yoga Flow& a Cup of Joe <i>119 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
5 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)	6 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)	7 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)	8 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)	9 10:00 Yoga Flow& a Cup of Joe <i>115 Cypress Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
12 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)	13 Alz Association 2-4	14 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)	15 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)	16 10:00 Yoga Flow& a Cup of Joe <i>118 Mimosa Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
19 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)	20 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)	21 Wellness Wednesday 4:00-5:00	22 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)	23 10:00 Yoga Flow& a Cup of Joe <i>116 Juniper Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
26 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (30) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	27 PIZZA @ Crooked Creek @12 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) 12:00 Pizza/walk @Crooked Creek 1:30 Machine Circuit Training (30)	28 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)	29 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)	30 10:00 Yoga Flow& a Cup of Joe <i>116 Cypress Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)

