

# Fitness Center Class Schedule



## May 2026

Open Daily 7 AM to 7 PM

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>Wellness Wednesday: 9am on the 13<sup>th</sup>- Qigong and Fruit on the Patio by the Fireplace</b>				
<b>4</b> 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>5</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>6</b> 9 AM Qigong (30) 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	<b>7</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>8</b> 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>11</b> 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>12</b> <b>NO 8:30 Yoga (60)</b> <b>NO 9:45 Chair Yoga (30)</b> 9:30 Water Aerobics (45) <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>13 Wellness Wednesday @ 9</b> 9 AM Qigong (30) <b>Wellness Wed.</b> 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	<b>14</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>15</b> 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>18</b> 9 AM Qigong (30) 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) <b>11:30 AM Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>19</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>20</b> 9 AM Qigong (30) 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) <b>4:15 PM Restorative Yoga (45)</b>	<b>21</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>22</b> 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics</b>
<b>25</b> 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Volleyball</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>26</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>27</b> 9 AM Qigong (30) 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) <b>4:15 PM Restorative Yoga (45)</b>	<b>28</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>29</b> 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>

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## June 2026

Open Daily 7 AM to 7 PM

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>2</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>3</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	<b>4</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>5</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Pool Volleyball</b>
<b>8</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>9</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>10</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	<b>11</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>12</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Pool Volleyball</b>
<b>15</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>16</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>17</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	<b>18</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>19</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Pool Volleyball</b>
<b>22</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Pool Volleyball</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>23</b>	8:30 Yoga (60) <b>9:45 NO Chair Yoga</b> <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>24</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) <b>NO 4:15 Restorative Yoga</b>	<b>25</b>	8:30 Yoga (60) <b>NO 9:45 Chair Yoga</b> <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>26</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Pool Volleyball</b>
<b>29</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics (45)</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>30</b>	8:30 Yoga (60) <b>NO 9:45 Chair Yoga</b> <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)						

### June Health Observances

- Men's Health Month
- National Safety Month
- Alzheimer's & Brain Awareness Month