



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 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)	2 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)	3 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)	4 8:30 Yoga (60) 9:45 Chair Yoga (30) NO 9:30 Water Aerobics (45) NO 10:30 Sit and Groove (30) NO 11:15 Drumming Cardio-Stix (30) NO 1:30 Machine Circuit Training (30)	5 10:00 Yoga Flow& a Cup of Joe <i>119 Dogwood Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
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 & Stretch (30)	9 Alz Association 2-4 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)	10 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)	11 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)	12 10:00 Yoga Flow& a Cup of Joe <i>115 Cypress Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
15 Corn-Hole Tournament 1:00 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)	16 Harbison Park Walk 8:30-10:00 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)	17 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)	18 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)	19 Triathlon (all Day) No Classes 
22 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)	23 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)	24 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)	25 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)	26 10:00 Yoga Flow& a Cup of Joe <i>116 Juniper Courtyard</i> 10:30 Move and Groove (30) 11:15 Aqua Groove (45)
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)	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 Machine Circuit Training (30)	31 WELLNESS WEDNESDAY 1:00 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)		

