

Fitness Center Class Schedule



Open Daily
7 AM to 7 PM

July 2025

Open Swim Schedule

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| June 30 | 1 | 2 | 3 | 4 Happy 4th of July |
| 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30) | 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(30) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30) | 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30) | 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30) | 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45) |
| 7 | 8 | 9 | 10 | 11 |
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| 14 | 15 | 16 | 17 | 18 |
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