

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Wellness Wednesday 1 PM NO 9 AM Tai Chi NO 9:30 Follow-Me Tai Chi 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	2 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	3 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
6 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	7 Lunch & Learn Series 12-1 PM 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)	8 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	9 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	10 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
13 10 AM Functional Movement (40) 11:30 Water Aerobics (45) NO 1 PM Water Aerobics 2 PM Stretch & Strength (floor) NO 3 PM Balance & Stretch	14 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)	15 Wellness Wednesday 12 PM NO 9 AM Tai Chi NO 9:30 Follow-Me Tai Chi 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	16 8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	17 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
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