



Fitness Center Class Schedule

7 AM to 7 PM daily



2025

Open Swim:

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

MON	TUE	WED	THU	FRI
2 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 Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	3 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)	4 Alz. Support Group 2:30 PM 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)	5 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)	6 10 AM Courtyard Chair Yoga <i>Juniper Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
9 Wellness Monday 3:30 PM 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 Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	10 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)	11 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) NO 10 AM Functional Movement 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	12 8:30 Yoga (60) 9:45 Chair Yoga (30) NO 9:30 Water Aerobics NO 10:30 Sit & Groove NO 11:15 Drumming Cardio-Stix NO 1:30 Machine Circuit Training	13 NO 10 AM Courtyard Chair Yoga 10:30 Move & Groove (30) NO 11:15 Aqua Groove
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Wellness Monday June Theme: <i>Maintaining Brain Health</i>				