

**Fitness Center Hours of Operation:**  
**7 AM to 7 PM daily**



**Open Swim:**  
 Tuesdays & Thursdays 2 PM  
 Saturdays 3 PM

MON	TUE	WED	THU	FRI
<b>3</b> 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (chair) (30)	<b>4</b> 8:30 Yoga (60) <b>NO 9:45 Chair Yoga</b> 9:30 Water Aerobics (30) <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>5 Alz Support Group 2-4</b> 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)	<b>6</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 10:30 Sit & Groove (30) <b>11:00 Relax &amp; Breathe (classroom)</b> 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	<b>7</b> 10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i>  10:30 Move & Groove (30) <b>NO 11:15 Aqua Groove</b>
<b>10</b> 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	<b>11</b> 8:30 Yoga (60) <b>NO 9:45 Chair Yoga</b> 9:30 Water Aerobics (30) <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>12</b> 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)	<b>13</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 10:30 Sit & Groove (30) <b>11:00 Relax &amp; Breathe (classroom)</b> 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	<b>14</b> 10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) <b>11:15 Aqua Groove (45)</b>
<b>17 St. Patrick's Day</b> 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	<b>18</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>19</b> 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)	<b>20</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 10:30 Sit & Groove (30) <b>11:00 Relax &amp; Breathe (classroom)</b> 11:15 Cardio Drumming-Stix (30) 1:30 Machine Circuit Training (30)	<b>21</b> 10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) <b>11:15 Aqua Groove (45)</b>
<b>24</b> 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	<b>25</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) <b>10:30 Zumba Gold /Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>26</b> 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)	<b>27</b> 8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 10:30 Sit & Groove (30) <b>11:00 Relax &amp; Breathe (classroom)</b> 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	<b>28</b> 10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) <b>11:15 Aqua Groove (45)</b>

