

# Fitness Center Class Schedule



## March 2026

Open Daily 7 AM to 7 PM

### Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 AM Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>3</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>4</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	<b>5</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>6</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>9</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>10</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>11 Lunch and Learn @ 12:00</b>		<b>12</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>13</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>16</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>17 St. Patrick's Day</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>18</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	<b>19</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>20</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>23</b>	10 AM Functional Movement (40) <b>11:30 AM Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>24</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)	<b>25</b>	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics (45)</b> 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	<b>26</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> 1:30 Machine Circuit Training (30)	<b>27</b>	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) <b>10:30 Zumba Gold/Toning (45)</b> <b>11:30 Water Aerobics (45)</b> <b>12:15 Volleyball</b>
<b>30</b>	10 AM Functional Movement (40) <b>11:30 Water Aerobics (45)</b> <b>12:30 Water Aerobics</b> 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	<b>31</b>	8:30 Yoga (60) 9:45 Chair Yoga (30) <b>9:30 Water Aerobics (45)</b> <b>10:30 Zumba Gold/Toning (45)</b> 1:30 Machine Circuit Training (30)						