

Fitness Center Class Schedule



May 2026

Open Daily 7 AM to 7 PM

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
				1 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 Volleyball
Wellness Wednesday: 9am on the 13th- Qigong and Fruit on the Patio by the Fireplace				
4 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Volleyball 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	5 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)	6 9 AM Qigong (30) 9:30 Follow-Me Qigong (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Volleyball 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30)	7 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	8 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 Volleyball
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