




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

Fitness Center Hours: 7 AM - 7 PM

2024

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Yoga Flow & Cup of Joe <i>Juniper Courtyard</i> NO 10:30 Move & Groove NO 11:15 Aqua Groove
4 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 Election Day 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 10:30 Move & Groove (30) 11:15 Aqua Groove (45) 1:30 Machine Circuit Training (30)	6 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) NO 12:30 Water Sculpting/Aerobics NO 1:30 Water Aerobics 3:00 Balance & Stretch (30)	7 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)	8 10:00 Yoga Flow & Cup of Joe <i>Juniper Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
11 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/Aero 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	12 Alz. Support Group 2-4 PM 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Move and Groove(30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30)	13 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)	14 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:15 Cardio Drumming-Stix (30) 1:30 Machine Circuit Training (30)	15 10:00 Yoga Flow & Cup of Joe <i>Juniper Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
18 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)	19 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Move & Groove (30) 11:15 Aqua Groove (45) 1:00 Pop Up Line Dancing NO 1:30 Machine Circuit Training	20 Holiday Pop-Up Shop 10-2 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)	21 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)	22 10:00 Yoga Flow & Cup of Joe <i>Juniper Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
25 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (30) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics(45) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	26 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Move & Groove (30) 11:15 Aqua Groove (45) 1:30 Machine Circuit Training (30)	27 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)	28 Happy Thanksgiving 	29 10:00 Yoga Flow & Cup of Joe <i>Juniper Courtyard</i> NO 10:30 Move & Groove NO 11:15 Aqua Groove

