

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

October 2026

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30) 2:30 Kicking	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 Pool Volleyball
5	6	7	8	9
10 AM Functional Movement 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) NO 2 PM Floor Stretch NO 3 PM Balance & Stretch 4:15 Restorative Yoga (45)	8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30) 2:30 Kicking	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 Pool Volleyball
12	13 Fall Lunch & Learn 11:30 AM	14 Pop-Up Chair One Fitness Class	15	16
10 AM Functional Movement 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	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)	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Chair One Fitness Class 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30) 2:30 Kicking	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 Pool Volleyball
19	20 Fall Lunch & Learn 11:30 AM	21	22 Trunk or Treat 6-7 PM	23
10 AM Functional Movement 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 2 PM Floor Stretch (30) 3 PM Balance & Stretch (30) 4:15 Restorative Yoga (45)	8:30 Yoga (60) 9:45 Chair Yoga 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30) 2:30 Kicking	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 Pool Volleyball
26	27	28	29	30
10 AM Functional Movement 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	8:30 Yoga (60) NO 9:45 Chair Yoga 9:30 Water Aerobics (45) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 11:00 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga 9:30 Water Aerobics (45) 1:30 Machine Circuit Training 2:30 Kicking	10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 9:50 AM Tai Chi (30) 10:30 Zumba Gold/Toning 11:30 Water Aerobics (45) 12:15 Pool Volleyball