



# September 2023

Open Swim:

Fitness Center Class Schedule

Tuesday and Thursday 2:00 p.m. and Saturday 3:00 p.m.  
**GYM & POOL HOURS 6AM to 8 PM**

MON	TUE	WED	THU	FRI
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	<b>*NEW CLASSES IN RED*</b>	**Palmetto Trail Walking Challenge September 1 <sup>st</sup> - October 31 <sup>st</sup>	**Don't forget to sign up for events on clipboard	8:30 Serenity Yoga (60) 9:00 Water Walking (20) 10:00 Move and Groove (30) 11:00 Aqua Groove (45)
4	5	6	7	8
9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 10:30 Move and Groove (30) 11:15 Aqua Groove (45) 1:30 Functional Movement (30) 2:30 Mindfulness with Melly (45)	9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance and Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-stix (30) 1:30 Functional Movement (30)	8:30 Serenity Yoga (60) 9:00 Water Walking (20) 10:00 Move and Groove (30) 11:00 Aqua Groove (45)
11	12	13	14	15
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18 Cheryl's Birthday 🎂	19	20	21	22
9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) <b>NO 3:00 Balance &amp; Stretch (30)</b>	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) 2:30 Mindfulness with Melly (45)	9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-stix (30) 1:30 Functional Movement (30)	
25 No Tai Chi	26	27 Wellness Wednesday-Diabetes 101 4pm	28	29
<b>NO 9:00 Tai Chi (30)</b> <b>NO 9:30 Beginner Tai Chi (30)</b> 10:00 Functional Movement (30) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	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) 2:30 Mindfulness with Melly (45)	<b>NO 9:00 Tai Chi (30)</b> <b>NO 9:30 Beginner Tai Chi (30)</b> 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit and Groove (30) 11:15 Drumming Cardio-Stix (30) 1:30 Functional Movement (30)	8:30 Serenity Yoga (60) 9:00 Water Walking (20) 10:00 Move and Groove (30) 11:00 Aqua Groove (45)