

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

September 2025

Open Swim

Tuesdays & Thursdays **2 PM** ~ Saturdays **3 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) NO 12:30 Water Aerobics NO 2 PM Stretch & Strength NO 3 PM Balance & Stretch	2 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)	3 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	4 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)	5 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
8 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	9 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)	10 Wellness Wednesday 3 PM 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	11 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)	12 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:15 Aqua Groove (45)
15 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	16 Mammogram Bus Event 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)	17 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 12:30 Water Sculpting/Aerobics (45) 1:30 Water Aerobics (45) 3 PM Balance & Stretch (30)	18 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)	19 10 AM Courtyard Chair Yoga <i>Cypress Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:15 Water Aerobics (45)
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