

Fitness Center Class Schedule



Open Daily 7 AM to 7 PM

September 2026

Open Swim

Tuesdays & Thursdays 2 PM ~ Saturdays 3 PM

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Happy Grandparents' Day</u> Sunday September 13 th	1 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)	2 NO 9 AM Tai Chi NO 9:30 Follow-Me Tai Chi 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)	3 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	4 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
7 LABOR DAY 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	8 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 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)	10 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	11 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
14 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	15 Triathlon Challenge 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)	16 Triathlon Challenge 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)	17 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	18 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
21 9 AM Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	22 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)	23 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)	24 8:30 Yoga (60) 9:45 Chair Yoga 9:30 Water Aerobics (45) 1:30 Machine Circuit Training (30)	25 10 AM Courtyard Chair Yoga <i>Dogwood Courtyard</i> 10:30 Zumba Gold/Toning (45) 11:30 Water Aerobics (45) 12:15 Pool Volleyball
28 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)	29 World Heart Day 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)	30 10 AM Functional Movement (40) 11:30 Water Aerobics (45) 1 PM Water Aerobics (45) 2 PM Stretch & Strength (floor) 3 PM Balance & Stretch (30)		