



Fitness Center Class Schedule 7 AM to 7 PM daily



2025

Open Swim:

Tuesdays & Thursdays 2 PM

Saturdays 3 PM

MON	TUE	WED	THU	FRI
	1	2 Alz. Support Group 2 PM	3	4
	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	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)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:00 Relax & Breathe (classroom) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
7	8	9	10	11
9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 10:30 Zumba Gold/Toning (45) 1:30 Machine Circuit Training (30)	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 NO 3:00 Balance & Stretch	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:00 Relax & Breathe (classroom) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
14	15	16	17	18 Good Friday
9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) NO 10:30 Zumba Gold/Toning 1:30 Machine Circuit Training (30)	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)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:00 Relax & Breathe (classroom) 11:15 Cardio Drumming-Stix (30) 1:30 Machine Circuit Training (30)	10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
21	22 Earth Day	23	24	25
9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 1:00 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 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)	9:00 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)	8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:00 Relax & Breathe (classroom) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)	10:00 Yoga Flow & a cup of Joe <i>Cypress Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
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