



Open Swim:

Tuesdays & Thursdays 2 PM
and
Saturdays 3 PM

Fitness Center Hours:

7 AM - 7 PM

2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	3 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)	4 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)	5 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)	6 10:00 Yoga Flow & Cup of Joe <i>Mimosa Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
9 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	10 Alz. Support Group 2-4 PM 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 10:30 Move & Groove (30) 11:15 Aqua Groove (45) 1:30 Machine Circuit Training (30)	11 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 3:00 Balance & Stretch (30)	12 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)	13 10:00 Yoga Flow & Cup of Joe <i>Mimosa Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
16 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	17 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)	18 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 3:00 Balance & Stretch (30)	19 1 PM Pop-Up Line Dancing 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:15 Cardio Drumming-Stix (30) NO 1:30 Machine Circuit Training	20 3 PM Holiday Treat Exch. 10:00 Yoga Flow & Cup of Joe <i>Mimosa Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
23 4 PM White Elephant Exch. 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	24 No Classes 	25 No Classes 	26 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)	27 10:00 Yoga Flow & Cup of Joe <i>Mimosa Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
30 9:00 Tai Chi (30) 9:30 Follow Me Tai Chi (30) 10:00 Functional Movement (30) 11:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	31 5 PM New Year's Eve Party 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) NO 10:30 Move & Groove NO 11:15 Aqua Groove 1:30 Machine Circuit Training (30)			