



Fitness Center Class Schedule

2025

Open Swim Times:

Tuesday & Thursdays at 2 PM and
Saturdays at 3 PM

MON	TUE	WED	THU	FRI
3 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch-Chair (30)	4 Pop-Up Line Dancing Class 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 11:00 Line Dancing 1:30 Machine Circuit Training (30)	5 Alz. Support Group 2:30 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)	6 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)	7 National "Wear Red" Day 10:00 Yoga Flow & a cup of Joe <i>Dogwood Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
10 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	11 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (30) 1:30 Machine Circuit Training (30)	12 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 and Stretch (30)	13 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)	14 Valentine's Day 10:00 Yoga Flow & a cup of Joe <i>Dogwood Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
17 9:00 Tai Chi (30) 9:30 Follow-Me Tai Chi (30) 10:00 Functional Movement (45) 11:30 Water Aerobics (45) 2:00 Stretch & Strength (floor) 3:00 Balance & Stretch (30)	18 Pop-Up Line Dancing Class 8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 11:00 Line Dancing 1:30 Machine Circuit Training (30)	19 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)	20 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)	21 10:00 Yoga Flow & a cup of Joe <i>Dogwood Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)
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