



Fitness Center Hours:
7 AM – 7 PM



2025

Open Swim:

Tuesdays & Thursdays 2 PM
and
Saturdays 3 PM

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Relax & Breathe (guided meditation) will take place in the classroom next to the coffee shop Thursdays at 11 AM</p>				1 New Year's Day		2		3	
				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)		8:30 Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Sit & Groove (30) 11:00 Relax & Breathe (30) 11:15 Drumming Cardio-Stix (30) 1:30 Machine Circuit Training (30)		10:00 Yoga Flow & Cup of Joe <i>Dogwood Courtyard</i> 10:30 Move & Groove (30) 11:15 Aqua Groove (45)	
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20		21		22		23 11 AM Pop-Up Line Dancing		24	
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