

# FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PICKLE BALL</b> 6:00-8:00am		<b>PICKLE BALL</b> 6:00-8:00am		
<b>WATER FITNESS</b> 9:00-9:45am	<b>WATER FITNESS</b> 9:00-9:45am	<b>WATER FITNESS</b> 9:00-9:45am	<b>WATER FITNESS</b> 9:00-9:45am	<b>WATER FITNESS</b> 9:00-9:45am	<b>CARDIO TONING</b> 9:00-9:45am
<b>ENHANCED FITNESS</b> 10:00-10:45am	<b>SILVER SNEAKERS</b> 10:00-10:45am	<b>ENHANCED FITNESS</b> 10:00-10:45am	<b>SILVER SNEAKERS</b> 10:00-10:45am	<b>Chair Yoga</b> 10:15-11:00am	<b>PILATES</b> 10:00-10:45am
<b>CARDIO DANCE GOLD</b> 11:00-12:00pm	<b>CARDIO STEP GOLD</b> 11:00am-12:00pm	<b>CARDIO DANCE GOLD</b> 11:00-12:00pm	<b>CARDIO DANCE GOLD</b> 11:00-12:00pm		
<b>PICKLE BALL</b> 12:30-3:15pm	<b>WATER FITNESS</b> 1:00-1:45pm	<b>PICKLE BALL</b> 12:30-3:15pm	<b>WATER FITNESS</b> 1:00-1:45pm	<b>PICKLE BALL</b> 12:30-3:15pm	
<b>YOGA</b> 5:00-6:00pm	<b>RUN CLUB</b> 5:00-6:00pm	<b>CARDIO STEP</b> 5:15-6:00pm	<b>RUN CLUB</b> 5:00-6:00pm	<b>Personal Training is available!</b> <b>Schedule your appt. today.</b>  <b>Mon. - Thurs 5:30-9:00pm</b> <b>Fri. 5:30a-7:00pm</b>  <b>Sat. 7:00a-4:00pm</b> <b>Sun: 12:00p-4:00pm</b>	
<b>POWER 30</b> 5:00-5:30pm	<b>PILATES</b> 5:15-6:00pm	<b>WATER FITNESS</b> 5:30-6:15pm	<b>YOGA</b> 5:00-6:00pm		
<b>ADULT GYM CLASS</b> 5:30-6:00pm	<b>CORE BALL</b> 6:00-6:45pm	<b>SHiNE DANCE</b> 6:15-7:00pm	<b>SHiNE DANCE</b> 6:15-7:00pm		
<b>PICKLE BALL</b> 6:30-8:45pm		<b>YOGA</b> 6:00-7:00pm	<b>Intermediate Pickleball</b> 6:30-8:45pm		
				<b>REVISED 9/10/2025</b>	