

# 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> 9:00am-10:00pm
<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>HOT YOGA</b> 5:00-6:00pm	<b>PILATES</b> 5:15-6:00pm	<b>CARDIO STEP</b> 5:15-6:00pm	<b>YOGA</b> 5:00-6:00pm	Personal Training is available! Schedule your appt. today.  Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm  Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
	<b>CORE BALL</b> 6:00-6:45pm	<b>YOGA</b> 6:00-7:00pm	<b>SHiNE DANCE</b> 6:15-7:00pm		
		<b>SHiNE DANCE</b> 6:15-7:00pm			
			<b>Intermediate Pickleball</b> 6:30-8:45pm		
<b>Beginner Pickleball</b> 6:30-8:45pm		<b>MEN'S BBALL LEAGUE</b> 6-9PM		<b>REVISED 3/27/2026</b>	