

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKLE BALL 6:00-8:00am		PICKLE BALL 6:00-8:00am		
WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	CARDIO STRENGTHENING 9:00am-10:00pm
ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	Chair Yoga 10:15-11:00am	PILATES 10:00-10:45am
CARDIO DANCE GOLD 11:00-12:00pm	CARDIO STEP GOLD 11:00am-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm		
	WATER FITNESS 1:00-1:45pm		WATER FITNESS 1:00-1:45pm		
HOT YOGA 5:00-6:00pm	PILATES 5:15-6:00pm	CARDIO STEP 5:15-6:00pm	YOGA 5:00-6:00pm	Personal Training is available! Schedule your appt. today.	
RUN/WALK 5:00-6:00pm	CORE BALL 6:00-6:45pm	YOGA 6:00-7:00pm	RUN/WALK 5:30-6:30pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm	
		SHiNE DANCE 6:15-7:00pm	SHiNE DANCE 6:15-7:00pm	Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
Beginner Pickleball 6:30-8:45pm	League Basketball 6:00-9:00pm	League Basketball 6:00-9:00pm	Intermediate Pickleball 6:30-8:45pm	FRIDAY NIGHT ONLY Pickleball 5:30-7:00pm	
				REVISED 5/26/2026	