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	CARDIO STRENGTHING GOLD 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 TONING 11:00-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm		
PICKLEBALL 12:30-3:15pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:30-3:15pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:30-3:15pm	
YOGA 5:00-6:00pm	PILATES 5:15-6:00pm	CARDIO STEP 5:15-6:00pm	HOT YOGA 5:00-6:00pm	Personal Training is available! Schedule your appt. today.	
POWER 30 5:00-5:30pm	RUN/WALK 5:00-6:00pm	YOGA 6:00-7:00pm	RUN/WALK 5:00-6:00pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
ADULT GYM CLASS 5:30-6:00pm	CORE BALL 6:00-6:45pm	SHiNE DANCE 6:15-7:00pm	SHiNE DANCE 6:15-7:00pm		
WATER FITNESS 6:00-6:45pm STARTS 11/2/26		LEAGUE BASKETBALL 6:00-9:00pm	INTERMEDIATE PICKLEBALL 6:30-8:45pm		
BEGINNER PICKLEBALL 6:30-8:45pm				REVISED 11/2/2026	
class location code	Mancuso (red) Gym	Totsky (blue) Gym	Camine Rm - 2nd fl	Pool	