



FALL 2024

class session
oct 7
to
dec 20

class intensity

- low
- moderate
- high
- ◆ outdoor

monday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:30 am Walking Group ◆
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 11:00 - 11:30 am Fall Risk ●○○
- 1:00 - 1:30 pm Drum Cardio ●●○
- 2:00 - 2:30 pm Dance Class ●○○
- 3:30 - 5:00 pm Beginner Pickleball ●●○
- 5:00 - 7:00 pm Cornhole & Ping-Pong ●●○

tuesday

- 8:00 - 8:45 am Weight Lifting 101 ●●●
- 9:00 - 9:50 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Chair Yoga ●○○
- 11:00 - 11:45 am Circuit ●●○
- 12:00 - 3:00 pm Advanced Pickleball ●●●
- 3:00 - 5:00 pm Intermediate Pickleball ●●○

wednesday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:30 am Walking Group ◆
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 11:00 - 11:30 am Fall Risk ●○○
- 12:00 - 1:00 pm Cornhole ●●○
- 1:00 - 1:45 pm Chairobics ●○○
- 2:00 - 2:30 pm Tai Chi ●○○
- 5:00 - 8:00 pm Cornhole & Ping-Pong ●●○

thursday

- 8:00 - 8:45 am Weight Lifting 101 ●●●
- 9:00 - 9:50 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Slow Flow ●○○
- 11:00 - 11:30 am Oh My Glee ●○○
- 11:30 - 12:00 pm Cardio & Core ●●○
- 3:00 - 5:00 pm Pickleball ●●●
- 6:00 - 8:00 pm Cornhole & Ping-Pong ●●○

friday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:30 am Walking Group ◆
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 12:00 - 1:30 pm Cornhole ●●○
- 1:30 - 3:00 pm Beginner Pickleball ●●○
- 3:00 - 5:00 pm Pickleball ●●●
- 5:00 - 7:00 pm Ping-Pong ●●○

saturday

- 9:30 am - 12:00 pm Advanced Pickleball ●●●
- 1:00 - 3:00 pm Intermediate Pickleball ●●○

sunday

- 12:00 - 3:00 pm Cornhole ●●○
- 3:00 - 6:00 pm Intermediate Pickleball ●●○

land

aquatic

- 7:00 am - 5:00 pm Open Swim
- 7:15 - 8:00 am HydroSplash ●●○
- 10:00 - 10:45 am HydroSplash ●●○
- 12:30 - 2:30 pm Water Volleyball ●●○

- 7:00 am - 5:00 pm Open Swim
- 10:30 - 11:15 am Low Impact ●○○

- 7:00 am - 5:00 pm Open Swim
- 7:15 - 8:00 am HydroSplash ●●○
- 10:00 - 10:45 am HydroSplash ●●○

- 7:00 am - 5:00 pm Open Swim
- 10:00 - 10:45 am HydroSplash ●●○
- 12:30 - 2:30 pm Water Volleyball ●●○

- 7:00 am - 3:00 pm Open Swim
- 7:15 - 8:00 am HydroSplash ●●○
- 10:30 - 11:15 am Low Impact ●○○

closed

closed



Fall 2024 Oct 7 to Dec 20

■ low
 ■ moderate
 ■ high
 ■ outdoor

Land

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 am	Fitness Fusion	Weight Lifting	Fitness Fusion	Weight Lifting	Fitness Fusion		
9:00 - 9:30 am	Walking Group		Walking Group		Walking Group		
9:00 - 9:45 am	PurEnergy		PurEnergy		PurEnergy		
9:00 - 9:50 am		Line Dancing		Line Dancing			
9:30 am - 12:00 pm						Adv Pickleball	
10:00 - 10:30 am		Chair Yoga		Slow Flow			
10:00 - 10:45 am	Chairobics		Chairobics		Chairobics		
11:00 - 11:30 am	Fall Risk		Fall Risk	Oh My Glee			
11:00 - 11:45 am		Circuit					
11:30 am - 12:00 pm				Cardio & Core			
12:00 - 1:00 pm			Cornhole				
12:00 - 1:30 pm					Cornhole		
12:00 - 3:00 pm		Adv Pickleball					Cornhole
1:00 - 1:30 pm	Drum Cardio						
1:00 - 1:45 pm			Chairobics				
1:30 - 3:00 pm					Beg Pickleball		
1:00 - 3:00 pm						Int Pickleball	
2:00 - 2:30 pm	Dance Class		Tai Chi				
3:00 - 5:00 pm		Int Pickleball		Pickleball	Pickleball		
3:00 - 6:00 pm							Int Pickleball
3:30 - 5:00 pm	Beg Pickleball						
5:00 - 7:00 pm	Cornhole & Ping-Pong				Ping-Pong		
5:00 - 8:00 pm			Cornhole & Ping-Pong				
6:00 - 8:00 pm				Cornhole & Ping-Pong			

Aquatic

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am - 3:00 pm					Open Swim	closed	closed
7:00 am - 5:00 pm	Open Swim						
7:15 - 8:00 am	HydroSplash		HydroSplash		HydroSplash		
10:00 - 10:45 am	HydroSplash		HydroSplash	HydroSplash			
10:30 - 11:15 am		Low Impact			Low Impact		
12:30 - 2:30 pm	Water Volleyball			Water Volleyball			

Chairobics

Chairobics is an accessible chair-based class, perfect for new or reluctant exercisers and those who prefer to work out while seated. Increase your strength, endurance, stability, and balance. Some standing exercise options may be offered.
M,W,F 10:00 - 10:45a
W 1:00 - 1:45p

Slow Flow

In this harmonious flow, poses are guided in a slow mindful manner giving time to connect to the postures. Emphasis is placed on taking full mindful inhales and exhales as you move through class. Class ends with a restful and restorative savasana. This class will be for seated and mat yoga participants.
Th 10:00 - 10:30a

Chair Yoga

Chair Yoga incorporates seated and standing poses to help improve balance, posture, and flexibility. This class is low-intensity, slow-paced, and stress-relieving.
Tu 10:00 - 10:30a

Tai Chi

Tai Chi is a series of gentle physical exercises and stretches that promote serenity through gentle movements, connecting the mind and body.
W 2:00 - 2:30p

Dance Class

Each week we will be working out with a different type of dance! The line up of dance styles are: Jazz, Tap, Ballet, Contemporary Jazz, Decade Dance, Novelty & Fad Dances, and Modern Jazz.
M 2:00 - 2:30p

Beginner Pickleball

Beginner's Pickleball is for all, whether or not experienced in racquet or paddle sports, wanting to learn how to play the game. A wonderful way to improve your dexterity and balance.
M 3:30 - 5:00p
F 1:30 - 3:00p

Fall Risk

Don't let the fear of falling keep you from being active! Join us for a variety of activities to address balance challenges, improve stability, and maintain independence.
M,W 11:00 - 11:30a

Cardio & Core

If you want to improve your cardiovascular endurance and core strength, this class is for you! Join us for a mix of dynamic cardio exercises: including step aerobics, dance cardio, kickboxing, and more! This class is designed to elevate your heart rate and leave you feeling energized.
Th 11:30a - 12:00p

Low Impact Water Fitness

Low-impact aquatic exercise to improve strength and create a full body experience that is gentle on the joints.
Tu,F 10:30 - 11:15a

Circuit Training

Come join us for a station-based workout class. This class will include cardio, weight training, and resistance-style stations. Don't forget your water bottle and smile for this fun high-energy class!
Tu 11:00 - 11:45a

Oh My Glee

This lively and enjoyable class combines the magic of musical theater with the joy of dance, focusing on classic Broadway routines and timeless show tunes. Prepare to have fun while learning choreography, emphasizing movement, expression, and storytelling.
Th 11:00 - 11:30a

Contemporary Line Dancing

Line up in a row without partners and follow a choreographed pattern of steps while dancing to various types of music.
Tu,Th 9:00 - 9:50a

Cornhole

Toss beanbags at boards in a casual environment. All equipment is provided. Set up and tear down is required by participants.

M 5:00 - 7:00p
W 12:00 - 1:00p
W 5:00 - 8:00p
Th 6:00 - 8:00p
F 12:00 - 1:30p
Su 12:00 - 3:00p

Ping-Pong

Enjoy the classic game of ping-pong in a casual environment. All equipment is provided. Set up and tear down is required by participants.

M,F 5:00 - 7:00p
W 5:00 - 8:00p
Th 6:00 - 8:00p

Drum Cardio

This drum cardio class will be a fun way to get moving and grooving to some great music. This class can be taken either standing or seated the choice is up to you. Seats for drum cardio are first come first serve.

M 1:00 - 1:30p

Water Volleyball

Splash around for a fun session of water volleyball. All skill levels are welcome. No prior experience necessary.

M,Th 12:30 - 2:30p

Advanced Pickleball

What do you get when you mix badminton, tennis, and table tennis? Pickleball, of course!

Tu 12:00 - 3:00p
Sa 9:30 - 12:00p

Fitness Fusion

This is a moderate-intensity class that combines cardio, strength, core, flexibility, and balance. Chair-based and standing exercises are incorporated into the class.

M,W,F 8:00 - 8:45a

Pickleball (All Levels Open Play)

What do you get when you mix badminton, tennis, and table tennis? Pickleball of course! Players of any skill level are welcome to join us during this time.

Th,F 3:00 - 5:00p

HydroSplash

Get ready for an aerobic, toning, and balance class. Reap the benefits of water on your joints as you experience this moderately-intense workout.

M,W,F 7:15 - 8:00a
M,W,Th 10:00 - 10:45a

PurEnergy

Balance, agility, and endurance are needed for this class. Come ready for a high-intensity session. Increase flexibility and strength in the entire body to enhance daily functional activities.

M,W,F 9:00 - 9:45a

Intermediate Pickleball

Intermediate Pickleball is for those comfortable with paddle sports and anxious to learn an exciting, energetic, fun sport. A blend of control and strategy, you'll find pickleball challenging, rewarding and a great source of exercise with a great bunch of players.

Tu 3:00 - 5:00p
Sa 1:00 - 3:00p
Su 3:00 - 6:00p

Weight Lifting 101

This is a high intensity, full body strength training class! We will target all the major muscle groups with different forms of resistance: including dumbbells, kettlebells, and weighted bars.

Tu,Th 8:00 - 8:45a