



WINTER 20 25

class session
jan 6
to
mar 28

class intensity

- low
- moderate
- high

land

aquatic

monday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 11:00 - 11:30 am Fall Risk ●○○
- 1:00 - 1:45 pm Chairobics ●○○
- 5:00 - 7:00 pm Cornhole & Ping-Pong ●●○

tuesday

- 8:00 - 8:45 am Full Body Strength ●●●
- 9:00 - 9:50 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Chair Yoga ●○○
- 11:00 - 11:30 am Weightlifting Basics ●●○
- 12:00 - 3:00 pm Advanced Pickleball ●●●
- 3:00 - 5:00 pm Intermediate Pickleball ●●○

wednesday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:45 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 Full Body Strength ●●●
- 9:00 - 9:30 am Walking Group ●●○
- 9:00 - 9:50 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Slow Flow ●○○
- 11:00 - 11:30 am Cardio & Core ●●○
- 11:30 - 12:00 pm Oh My Glee ●○○
- 3:00 - 5:00 pm Pickleball 101 ●●○
- 6:00 - 8:00 pm Cornhole & Ping-Pong ●●○

friday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 12:00 - 1:30 pm Cornhole ●●○
- 1:30 - 3:00 pm Pickleball 101 ●●○
- 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 - 5:00 pm Intermediate Pickleball ●●○

- 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



Winter 2025 Jan 6 to Mar 28

■ low
 ■ moderate
 ■ high

Land

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 am	Fitness Fusion	Full Body Strength	Fitness Fusion	Full Body Strength	Fitness Fusion		
9:00 - 9:30 am				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	Weightlifting	Fall Risk	Cardio & Core			
11:30 am - 12:00 pm				Oh My Glee			
12:00 - 1:00 pm			Cornhole				
12:00 - 1:30 pm					Cornhole		
12:00 - 3:00 pm		Adv Pickleball					Cornhole
1:00 - 1:45 pm	Chairobics		Chairobics				
1:30 - 3:00 pm					Pickleball 101		
1:00 - 3:00 pm						Int Pickleball	
2:00 - 2:30 pm			Tai Chi				
3:00 - 5:00 pm		Int Pickleball		Pickleball 101	Pickleball		
3:00 - 6:00 pm							Int 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 a fun and accessible class for those who prefer to workout seated! We use a variety of equipment to increase muscular strength and improve cardiovascular endurance.

M,W,F 10:00 - 10:45a

M,W 1:00 - 1:45p

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

Fall Risk

Join us for a variety of activities to address balance challenges, improve stability, and maintain independence. Don't let the fear of falling keep you from being active.

M,W 11:00 - 11:30a

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

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 11:30a - 12:00p

Slow Flow

In this harmonious flow poses are guided in a slow and mindful manner, giving participants time to connect to the postures. This class is for both seated and mat yoga participants.

Th 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

Pickleball 101

Pickleball 101 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.

Th 3:00 - 5:00p

F 1:30 - 3:00p

Cardio & Core

Cardio & Core is a mix of dynamic exercises: including step aerobics, dance cardio, kickboxing, and more! This class is designed to elevate your heart rate and leave you feeling energized.

Th 11:00 - 11:30a

Weightlifting Basics

In this educational class we will go over proper form and basics related to weightlifting. Throughout this course, we will learn techniques as well as exercises to target different muscle groups.

Tu 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

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

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

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

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.
F 3:00 - 5:00p

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

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

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

Full Body Strength

During this high intensity class we will build power and strength with a mix of functional exercises. All of the major muscle groups are targeted with different forms of resistance: including dumbbells, kettlebells, and weighted bars.
Tu,Th 8:00 - 8:45a

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