



SPRING
2025

class session
apr 14
to
jun 27

class
intensity

- low
- moderate
- high

land

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 ●○○
2:00 - 2:45 pm	Fitness Fusion ●●○
3:30 - 5:00 pm	Pickleball 101 ●●○
5:00 - 7:00 pm	Cornhole & Ping-Pong ●●○

tuesday

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 pm	Fitness 101 ●○○
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	Full Body Strength ●●●
9:00 - 9:30 am	Walking Group ●○○
9:00 - 9:50 am	Cont. Line Dancing ●●○
10:00 - 10:30 am	Chair Yoga ●○○
10:30 - 11:00 am	Oh My Glee ●●○
11:00 - 11:30 am	Cardio & Core ●●○
1:00 - 1:30 pm	Circuit ●●○
3:00 - 5:00 pm	Pickleball ●●●
5:00 - 6:00 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 ●●○
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 ●●○

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
10:00 - 10:30 am	Deep Water HIIT ●●●
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 ●●○
10:00 - 10:30 am	HydroSplash ●●○
10:30 - 11:15 am	Low Impact ●○○

closed

closed



Spring 2025

Apr 14 to Jun 27

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	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		Slow Flow		Chair Yoga			
10:00 - 10:45 am	Chairobics		Chairobics		Chairobics		
10:30 - 11:00 am				Oh My Glee			
11:00 - 11:30 am	Fall Risk	Fitness 101	Fall Risk	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				Circuit			
1:00 - 1:45 pm	Chairobics		Chairobics				
1:00 - 3:00 pm						Int Pickleball	
2:00 - 2:30 pm			Tai Chi				
2:00 - 2:45 pm	Fitness Fusion						
3:00 - 5:00 pm		Int Pickleball		Pickleball	Pickleball		Int Pickleball
3:30 - 5:00 pm	Pickleball 101						
5:00 - 6:00 pm				Pickleball 101			
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 - 10:30 am		Dp Water HIIT			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.
Th 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

Fitness 101 ●○○

Learn the proper form and basics of fitness and the exercises you do in other wellness classes. We will also learn how to target different muscle groups and the importance of each exercise. This class is low intensity and can benefit you in every other class you take.
Tu 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

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.
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

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

Circuit ●●○

This class is a mix of exercises using weights and some cardio. We will be rotating through a variety of exercises throughout this 30-minute class.
Th 1:00 - 1:30p

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
M 2:00 - 2:45p

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
F 10:00 - 10:30a

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

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 - 5:00p

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

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 10:30 - 11:00a

Deep Water HIIT ●●●

This is a high-intensity hydro class in the deep end of the pool using resistance equipment such as dumbbells, weighted bars, and noodles.
Tu 10:00 - 10:30a

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.
M 3:30 - 5:00 p
Th 5:00 - 6:00p

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

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

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