

Recreation Center Fitness Room

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Oxycise	Oxycise	Oxycise	Oxycise	Oxycise
8:00 AM	Zumba® Mix Madelyne	S.O.S. Jonathan	Wednesday Warrior Jessica	S.O.S. Jonathan	Dance Party Jessica
9:00 AM	Tai Chi Art	KBKB Han	Intro to Yoga Jessica	KBKB Han	Strength & Stretch Ingrid
10:00 AM	Balanced Body Cammy	Chair Yoga Kathy	Balanced Body Jessica	Chair Yoga Kathy	Balanced Body Madelyne
10:50 AM	S.O.S. Larry	S.O.S. Roger	S.O.S. Larry	S.O.S. Linda	S.O.S. Larry
11:45 AM	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Madelyne
1:00 PM		Fitness Orientation**		Balance Assessment**	
5:00 PM		Intro to Yoga Kathy			

Recreation Center Fitness Center Hours: Monday-Friday 6:30 AM - 8 PM; Saturday 7 AM - 8 PM; Sunday 9 AM - 5 PM

** Fitness center orientations and balance assessments are free. Please call (352) 854-8707 Ext. 7534 to reserve your spot.

Recreation Center Ballroom

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:45 AM	Zumba® Gold Kitti		Zumba® Gold Kitti		Zumba® Gold Madelyne

Arbor Club

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM Indoor Pool	Deep Water * Larry	Shallow Water * Barb	Deep Water * Larry	Shallow Water * Barb	HIIT Deep* Larry
10:00 AM Indoor Pool		Shallow Water * Barb		Shallow Water * Barb	
9:00 AM Arbor Conference Center				Qi Gong (E,F) Art	
9:15 AM Arbor Conference Center	Yoga* (G,H) Barb Anne		Hatha Yoga*(D) Barb Anne		Yoga*(G,H) Mary
10:00 AM Arbor Conference Center				Intro to Tai Chi (E,F) Art	

*Denotes a fee based class

Special Group Fitness Class

'Pranayama Breathing'

Monday October 23rd

10:00am-11:30am

Recreation Center Ballroom