

January 2018

## 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 Julie	KBKB Han	Strength & Stretch Kelly
10:00 AM	Balanced Body Darla	Chair Yoga Kathy	Balanced Body Jessica	Chair Yoga Kathy	Balanced Body Madelyne
11:00AM	S.O.S. Larry	S.O.S. Kelly	S.O.S. Larry	S.O.S. Linda	S.O.S. Larry
12:00PM	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 Ballroom	Zumba® Gold Kitti		Zumba® Gold Kitti		Zumba® Gold Madelyne

## Recreation Center Outdoor Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM Outdoor Pool	Deep Water Kelly	Shallow Water Barb	Deep Water Larry	Shallow Water Barb	Deep Water Larry

## Arbor Conference Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM Arbor Conference Center	Yoga (G,H) Julie		Yoga(D) Linda	Qi Gong (E,F,G) Art	Yoga(G,H) Renu
10:00 AM Arbor Conference Center				Intro to Tai Chi (E,F,G) Art	

# Health & Wellness Expo

Located in the Cultural Center

Saturday January 13th

**Fitness Demos: 10:00am-1:00pm**

Join the line dancers in the 'Square' for additional fun from 1:30-2:30!