

### Recreation Center Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	Oxycise	Oxycise	Oxycise	Oxycise	Oxycise
8:00 AM	Cardio Mix Darla	S.O.S. Jonathan	Wednesday Warrior Jessica	S.O.S. Jonathan	Dance Party Denise
9:00 AM	Restore & Renew Pam	KBKB Han	Intro to Yoga Julie	KBKB Han	Strength & Stretch Kelly
10:00 AM	Balanced Body Darla	Chair Yoga Kathy	Balanced Body Madelyne	Chair Yoga Kathy	Balanced Body Madelyne
11:00 AM	S.O.S. Larry	Move to Improve Kelly/Jessica	S.O.S. Larry	Move to Improve Larry	S.O.S. Larry
11:00 AM Ballroom Location	Zumba® Gold Kitti		Zumba® Gold Kitti		Zumba® Gold Madelyne
12:00 PM	Get Fit While You Sit Kitti		Get Fit While You Sit Kitti		Get Fit While You Sit Darla
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.*

### Arbor Fitness Center Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>
8:00 AM	OPEN <i>Fitness on Demand</i>	Strength <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	HIIT <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>
9:00 AM	Yoga Julie	Boomer Beat Jessica	Yoga Linda	Boomer Beat Cammy	Yoga Renu
10:00 AM	STRONG Kelly	Step Interval Jessica	STRONG Linda	Step Interval Kelly	STRONG Roger
11:00 AM	Mind/Body <i>Fitness on Demand</i>	Dance Aerobics Madelyne	Cardio <i>Fitness on Demand</i>	Dance Aerobics Madelyne	Stretch <i>Fitness on Demand</i>
12:00 PM - 8:00 PM	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>	OPEN <i>Fitness on Demand</i>
1:00 PM		Posture Assessments**	Orientation**		
Arbor Conference Center	(Suites E & F) 8:00 AM Qi Gong 9:00 AM Tai Chi Art			(Suites E, F & G) 9:00 AM Qi Gong 10:00 AM Intro to Tai Chi Art	

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

*\*\* Fitness center orientations and posture assessments are free. Please call (352) 854-8707 Ext. 7638 to reserve your spot.*

### Arbor Fitness Center Indoor Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:00 AM	Open	Open	Open	Open	Open
8:00 - 9:00 AM	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
9:00 - 10:00 AM	Deep Water Fitness Class***	Shallow Water Fitness Class***	Deep Water Fitness Class***	Shallow Water Fitness Class***	Deep Water Fitness Class***
10:00 - 11:00 AM	Open	Shallow Water Fitness Class***	10:30 AM - 12:30 PM	Shallow Water Fitness Class***	Open
11:00 AM - 12:30 PM	Lap Swimming	Lap Swimming	Closed for Cleaning	Lap Swimming	Lap Swimming
12:30 - 1:30 PM	Aqua Belles	Open	Aqua Belles	Open	Aqua Belles
3:00 - 5:00 PM	Open		Open	Water Volleyball 3:00 - 5:00 PM	Open

*\*\*\* Fee-Based Class*