

Recreation Center Ballroom

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Chair Yoga* Maureen		Chair Yoga* Haley		Chair Yoga* Sandra
10:00 AM	Balanced Body* Dennis		Move To Improve* Larry		Balanced Body* Dennis
11:00 AM	Strength & Stretch* Tucker		Zumba® Gold* Kitti		Strength & Stretch* Tucker

**Face masks are mandatory*

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

Recreation Fitness Center orientations and balance assessments are free by appointment only. Please call 854-8707 Ext. 7531 to schedule.

Arbor Conference Center (Dance Studios I, II, III)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Yoga* Radha			Yoga* Kathy	

**Face masks are mandatory*

Arbor Fitness Center 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 PM - 1:30 PM	Aqua Aerobics Club	Shallow Water Fitness Class***	Aqua Aerobics Club	Shallow Water Fitness Class***	Aqua Aerobics Club
1:30 PM - 8:30 PM	Open	Water Volleyball 1:30 PM - 3:30 PM	Open	Water Volleyball 1:30 PM - 3:30 PM	Open

Open Swim: Saturdays 7 AM - 8:30 PM; Sundays 9 AM - 7 PM

For pool inquiries, please call (352) 854-8707 Ext. 7639.

***** Fee-based class**

Arbor Fitness Center orientations and posture assessments are free by appointment only. Please call 854-8707 Ext. 7538 to schedule.