



NOVEMBER 2021 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	Dance Party JESSICA	S.O.S. JOHN	Warrior MAUREEN	S.O.S. JOHN	Dance Party JESSICA
9:00 am	S.O.S. DENISE	Dance Aerobics CAMMY	S.O.S. LARRY	Dance Aerobics DENISE	S.O.S. GIB
10:00 am	Balance Body JESSICA	Chair Yoga KATHY	Balanced Body KITTI	Chair Yoga KATHY	Balanced Body INGRID
11:00 am	Get Fit While You Sit KITTI	Brain Power CAMMY	Move To Improve SUE	Brain Power JESSICA	Get Fit While You Sit KITTI
11:00 am Recreation Ballroom	Dance Aerobics LINDA		Zumba® Gold KITTI		Dance Aerobics DENISE
1:00 pm		Fitness Orientation*		Balance Assessment*	
4:00 pm				Guided Meditation SANDRA	
5:00 pm		Intro Hatha Yoga KATHY		Yoga SANDRA	

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

*Fitness Orientations and Balance Assessments are free. Space is limited. To schedule an appointment, please call (352) 854-8707 Ext. 7534.

ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am	Yoga SANDRA	Boomer Beat JESSICA	Yoga HALEY	Boomer Beat CAMMY	Yoga RENU
10:00 am	STRONG MAUREEN	Yoga SANDRA	STRONG LINDA	Yoga MAUREEN	STRONG JOHN
11:00 am	Yoga MAUREEN		Yoga TRISH		
1:00 pm		Posture Assessments*		Fitness Orientation*	
2:00 pm	Balanced Body L2 GIB		Balanced Body L2 QUINCY		

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ARBOR FITNESS CENTER INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
7:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
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**	Closed for Cleaning 10:30 - 12:30 pm	Shallow Water Fitness Class**	Deep Water Fitness Class**
10:00 - 11:00 am	Open	Shallow Water Fitness Class**		Shallow Water Fitness Class**	Open Swim
11:00 am - 12:30 pm	Lap Swimming	Lap Swimming		Lap Swimming	Lap Swimming
12:30 pm	Aqua Aerobics Club	Shallow Water Fitness Class**	Aqua Aerobics Club	Shallow Water Fitness Class**	Aqua Aerobics Club
1:30 pm	Open Swim 1:30 - 2:30 pm	Water Volleyball 1:30 - 3:30 pm	Water Volleyball 1:30 - 3:30 pm	Water Volleyball 1:30 - 3:30 pm	Open Swim 1:30 - 2:30 pm
2:30 pm	Deep Water Fitness Class**				Deep Water Fitness Class**
3:30 - 5:00 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
5:00 - 6:00 pm	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
6:00 - 8:15 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

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



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