



# MAY 2022 FITNESS

## RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>Dance Aerobics</b> DENISE P.	<b>Strength &amp; Stretch</b> DENISE B.	<b>Warrior</b> MAUREEN	<b>Strength &amp; Stretch</b> DENISE B.	<b>Dance Aerobics</b> CAMMY
9:00 am	<b>S.O.S.</b> DENISE P.	<b>Dance Aerobics</b> JACKIE	<b>S.O.S.</b> LARRY	<b>Dance Aerobics</b> DENISE P.	<b>S.O.S.</b> GIB
10:00 am	<b>Balance Body</b> LINDA	<b>Chair Yoga</b> KATHY	<b>Balanced Body</b> KITTI	<b>Chair Yoga</b> KATHY	<b>Balanced Body</b> INGRID
11:00 am	<b>Get Fit While You Sit</b> KITTI	<b>Brain Power</b> CAMMY/SUE	<b>Move To Improve Parkinson's</b> JESSICA/SUE	<b>Brain Power</b> JESSICA	<b>Get Fit While You Sit</b> KITTI
11:00 am Recreation Ballroom	<b>Dance Aerobics</b> LINDA		<b>Zumba® Gold</b> KITTI		<b>Dance Aerobics</b> DENISE P.
1:00 pm		<b>Fitness Orientation*</b>		<b>Balance Assessment*</b>	
2:00 pm				<b>Tai Chi</b> ART	
3:00 pm	<b>Blended Yoga</b> JOE		<b>Chair Yoga</b> TRISH	<b>Qigong</b> ART	
5:00 pm		<b>Intro Hatha Yoga</b> KATHY		<b>Yoga</b> 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	<b>Yoga</b> SANDRA	<b>Boomer Beat</b> JESSICA	<b>Yoga</b> JOE	<b>Boomer Beat</b> CAMMY	<b>Yoga</b> MELANIE
10:00 am	<b>STRONG</b> MAUREEN	<b>Yoga</b> SANDRA	<b>STRONG</b> LINDA	<b>Yoga</b> MAUREEN	<b>STRONG</b> JOHN
11:00 am	<b>Yoga</b> MAUREEN		<b>Yoga</b> TRISH		
1:00 pm		<b>Posture Assessments*</b>		<b>Fitness Orientation*</b>	
2:00 pm	<b>Balanced Body L2</b> GIB				

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## ARBOR FITNESS CENTER INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>
7:00 am	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>
8:00 - 9:00 am	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>
9:00 - 10:00 am	<b>Deep Water Fitness Class**</b>	<b>Shallow Water Fitness Class**</b>	<b>Deep Water Fitness Class**</b>	<b>Shallow Water Fitness Class**</b>	<b>Deep Water Fitness Class**</b>
10:00 - 11:00 am	<b>Open</b>	<b>Shallow Water Fitness Class**</b>	<b>Closed for Cleaning 10:30 - 12:30 pm</b>	<b>Shallow Water Fitness Class**</b>	<b>Open Swim</b>
11:00 am - 12:30 pm	<b>Lap Swimming</b>	<b>Lap Swimming</b>		<b>Lap Swimming</b>	<b>Lap Swimming</b>
12:30 pm	<b>Aqua Aerobics Club</b>	<b>Shallow Water Fitness Class**</b>	<b>Aqua Aerobics Club</b>	<b>Shallow Water Fitness Class**</b>	<b>Aqua Aerobics Club</b>
1:30 pm	<b>Open Swim 1:30 - 2:30 pm</b>	<b>Water Volleyball Club 1:30 - 3:30 pm</b>	<b>Water Volleyball Club 1:30 - 3:30 pm</b>	<b>Water Volleyball Club 1:30 - 3:30 pm</b>	<b>Open Swim 1:30 - 2:30 pm</b>
2:30 pm	<b>Deep Water Fitness Class**</b>				<b>Deep Water Fitness Class**</b>
3:30 - 5:00 pm	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>
5:00 - 6:00 pm	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>	<b>Lap Swimming</b>
6:00 - 8:15 pm	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>	<b>Open Swim</b>

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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1:00 pm		<b>Fitness Orientation*</b>		<b>Balance Assessment*</b>	
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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**
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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

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