



SEPTEMBER 2023 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	Zumba® Gold-Toning AMY	STRONG BUDDY	Remix Bootcamp BUDDY	STRONG BUDDY	Dance Aerobics DENISE B.
9:00 am	S.O.S. TRISH	BEAT LORI	S.O.S. KITTI	Dance Aerobics PENNY	S.O.S. TRISH
10:00 am	Balanced Body LARRY	Chair Yoga KATHY	Balanced Body KITTI	Chair Yoga KATHY	Balanced Body INGRID
11:00 am	Get Fit While You Sit KITTI	Brain Power BP TEAM	Get Fit While You Sit JOE	Move to Improve Parkinson's SUE	Get Fit While You Sit KITTI
11:00 am Recreation Ballroom	Zumba® Gold JOSIE		Zumba® Gold KITTI		Dance Aerobics LORI
1:00 pm		Fitness Orientation*	Punch Out PD POPD COACHES	Balance Assessment*	
3:00 pm	VYP Chair Yoga JOE		Chair Yoga TRISH		
5:00 pm		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
8:00 am	Beginner/Intermediate Tai Chi NANCY	Warrior MAUREEN	Intermediate/Advanced Tai Chi ART	Warrior MAUREEN	
9:00 am	Yoga SANDRA	Pilates Fusion GIB	Yoga JOE	Pilates Fusion MAUREEN	Yoga MELANIE
10:00 am	STRONG MAUREEN	Yoga SANDRA	STRONG GIB	Yoga CARRI	STRONG JOE
11:00 am	Yoga MAUREEN		Yoga TRISH		Stretch, Flex & Balance DENISE B
1:00 pm				Fitness Orientation*	

Arbor Fitness Center Hours: Monday-Friday 6:00 AM - 8:30 PM; Saturday 7 AM - 8:30 PM; Sunday 9 AM - 7 PM

*Fitness Orientations are free. Space is limited. To schedule an appointment, please call (352) 854-8707 Ext. 7638

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**	Deep Water Fitness Class**	Shallow Water Fitness Class**	Deep Water Fitness Class**
10:00 - 11:00 am	Open Swim	Shallow Water Fitness Class**	Open Swim	Shallow Water Fitness Class**	Open Swim
11:00 am - 12:30 pm	Lap Swimming	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	Water Volleyball Club 1:30 - 3:30 pm	Water Volleyball Club 1:30 - 3:30 pm	Water Volleyball Club 1:30 - 3:30 pm	Open Swim
2:30 pm	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