



JULY 2024 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	SPARC DARA	STRONG DENISE	Remix Bootcamp JOHN P.	STRONG CARRI	SPARC CARRI
8:00 am Recreation Ballroom	Zumba® Gold-Toning AMY				Zumba® Gold JOSIE
9:00 am	S.O.S. TRISH	Stretch, Flex & Balance DENISE	S.O.S. KITTI	Dance & Sculpt DENISE	S.O.S. TRISH
9:00 am Recreation Ballroom			BEAT LORI		Chair Dance AMY
10:00 am	Balanced Body LARRY	Chair Yoga DARA	Balanced Body KITTI	Chair Yoga DARA	Balanced Body TRISH
10:00 am Recreation Ballroom	Chair Yoga SANDRA		Chair Yoga CARRI		
11:00 am	Chair Dance LORI	Brain Power BP TEAM	Get Fit While You Sit JOE	Move to Improve Parkinson's SUE	Stretch, Flex & Balance CARRI
11:00 am Recreation Ballroom	Zumba® Gold JOSIE		Zumba® Gold KITTI		Dance Aerobics LORI
1:00 pm		Chair Chi ART	Punch Out PD POPD COACHES		
3:00 pm	VYP Chair Yoga JOE	Balanced Body SUE	Chair Yoga SCOTT	Balanced Body DIANE	
5:00 pm		Hatha Yoga MAUREEN		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 are on Tuesdays at 1:00 pm, and Balance Assessments are on Thursdays at 1:00 pm. These are free but space is limited. To schedule an appointment, please call (352) 854-8707 Ext. 7638.

ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	Beginner/Intermediate Tai Chi NANCY	Step & Sculpt DARA	Intermediate/Advanced Tai Chi ART	Step & Sculpt DARA	
9:00 am	Yoga SANDRA	Pilates Fusion GIB	Yoga JOE	Pilates Fusion LORI	Yin Yoga MELANIE
10:00 am	STRONG JOHN C.	Yoga SANDRA	STRONG GIB	Yoga LORI	STRONG JOE
11:00 am	Yoga CARRI		Yoga TRISH		
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. 7534

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 am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
9:00 am	Deep Water Fitness Class**	Shallow Water Fitness Class**	Deep Water Fitness Class**	Shallow Water Fitness Class**	Deep Water Fitness Class**
10:00 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 - 8:15pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim

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

**Fee-based class For pool inquiries, please call (352) 854-8707 Ext. 7639.