



# NOVEMBER 2024 FITNESS

## RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>SPARC</b> BUDDY	<b>STRONG</b> DENISE	<b>Remix Bootcamp</b> JOHN P.	<b>STRONG</b> CARRI	<b>SPARC</b> CARRI
8:00 am Recreation Ballroom	<b>Zumba® Gold-Toning</b> AMY				<b>Zumba® Gold</b> JOSIE
9:00 am	<b>S.O.S.</b> TRISH	<b>Stretch, Flex &amp; Balance</b> DENISE	<b>S.O.S.</b> LES	<b>Dance &amp; Sculpt</b> DENISE	<b>S.O.S.</b> TRISH
9:00 am Recreation Ballroom			<b>BEAT</b> LORI		<b>Stretch, Flex &amp; Balance</b> DENISE
10:00 am	<b>Balanced Body</b> LARRY	<b>Chair Yoga</b> DARA	<b>Balanced Body</b> CAMMY	<b>Chair Yoga</b> DARA	<b>Balanced Body</b> TRISH
10:00 am Recreation Ballroom	<b>Chair Yoga</b> SANDRA		<b>Chair Yoga</b> CARRI		<b>Chair Yoga</b> SCOTT
11:00 am	<b>Chair Dance</b> LORI	<b>Brain Power</b> BP TEAM	<b>Get Fit While You Sit</b> JOE	<b>Move to Improve Parkinson's</b> SUE	<b>Chair Dance</b> AMY
11:00 am Recreation Ballroom	<b>Zumba® Gold</b> JOSIE		<b>Zumba® Gold</b> AMY		<b>Dance Aerobics</b> LORI
1:00 pm		<b>Chair Chi</b> ART	<b>Punch Out PD</b> POPD COACHES		
3:00 pm	<b>VYP Chair Yoga</b> JOE	<b>Balanced Body</b> CINDY	<b>Chair Yoga</b> SCOTT	<b>Balanced Body</b> SUE	
5:00 pm		<b>Hatha Yoga</b> FRED		<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 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	<b>Beginner/Intermediate Tai Chi</b> NANCY	<b>Step &amp; Sculpt</b> LORI	<b>Intermediate/Advanced Tai Chi</b> ART	<b>Step &amp; Sculpt</b> CAMMY	
9:00 am	<b>Yoga</b> SANDRA	<b>Pilates Fusion</b> GIB	<b>Yoga</b> JOE	<b>Pilates Fusion</b> LORI	<b>Yin Yoga</b> MELANIE
10:00 am	<b>STRONG</b> JOHN C.	<b>Yoga</b> SANDRA	<b>STRONG</b> GIB	<b>Yoga</b> LORI	<b>STRONG</b> JOE
11:00 am	<b>Yoga</b> CARRI		<b>Yoga</b> TRISH		
1:00 pm				<b>Fitness Orientation*</b>	

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	<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 am	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>	<b>Water Walk</b>
9:00 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 am	<b>Open Swim</b>	<b>Shallow Water Fitness Class**</b>	<b>Open Swim</b>	<b>Shallow Water Fitness Class**</b>	<b>Open Swim</b>
11:00 am	<b>Lap Swimming</b>	<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</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</b>
2:30 pm	<b>Deep Water Fitness Class**</b>				
3:30 - 8:15pm	<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

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

Where The Cool Kids Retire