



MARCH 2025 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	SPARC BUDDY	Step & Sculpt BETSY	Remix Bootcamp JOHN P.	Step DEBBIE	SPARC CARRI
8:00 am Recreation Ballroom	Zumba® Gold-Toning AMY				Dance Aerobics DEBBIE
9:00 am	S.O.S. TRISH	Stretch, Flex & Balance DENISE	S.O.S. JOHN C.	Dance & Sculpt DENISE	S.O.S. TRISH
9:00 am Recreation Ballroom	Chair Pilates LILLIAN		BEAT LORI		Stretch, Flex & Balance DENISE
10:00 am	Balanced Body LARY	Chair Yoga LILLIAN	Balanced Body CINDY	Chair Yoga LILLIAN	Balanced Body TRISH
10:00 am Recreation Ballroom	Chair Yoga SANDRA		Chair Yoga CARRI		Chair Yoga SCOTT
11:00 am	Chair Dance AMY	Brain Power BP TEAM	Get Fit While You Sit JOE	Move to Improve Parkinson's SUE	Chair Dance AMY
11:00 am Recreation Ballroom	Dance Aerobics DEBBIE		Zumba® Gold AMY		Dance Aerobics LORI
1:00 pm		Chair Chi ART	Punch Out PD POPD COACHES		
3:00 pm	VYP Chair Yoga JOE	Balanced Body LORI B.	Chair Yoga SCOTT	Balanced Body CINDY	
5:00 pm		Hatha Yoga FRED		Power 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. 7534.

ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	Beginner/Intermediate Tai Chi NANCY	STRONG DENISE	Intermediate/Advanced Tai Chi ART	STRONG CARRI	Core & More JOHN C.
9:00 am	Power Yoga SANDRA	Pilates Fusion GIB	Yoga JOE	Pilates Fusion LORI	Yin Yoga MELANIE
10:00 am	STRONG JOHN C.	Power Yoga SANDRA	STRONG GIB	Yoga LORI	STRONG JOE
11:00 am	Yoga CARRI		Yoga TRISH		ABC Yoga TRISH
1:00 pm				Fitness Orientation*	

Arbor Fitness Center Hours: Monday-Friday 5:30 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 am	Water Walk	Water Walk	Water Walk	Water Walk	Water Walk
9:00 am	**Deep Water Aerobics LARRY	**Shallow Water Aerobics SUE	**Deep Water Aerobics TRISH	**Shallow Water Aerobics BARB	**Deep Water Aerobics SUE
10:00 am	Open Swim	**Shallow Water Aerobics SUE	Open Swim	**Shallow Water Aerobics BARB	Open Swim
11:00 am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
12:30 pm	Aqua Aerobics Club	**Shallow Water Aerobics DIANE	Aqua Aerobics Club	**Shallow Water Aerobics SHERRE	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	Open Swim				
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.

Where The Cool Kids Retire®