



# SEPTEMBER 2025 FITNESS

## RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>SPARC</b> LILLIAN	<b>Step</b> DEBBIE	<b>Remix Bootcamp</b> BUDDY	<b>Step</b> DEBBIE	<b>SPARC</b> BUDDY
8:00 am Recreation Ballroom	<b>Zumba® Gold-Toning</b> AMY		<b>Intermediate/Advanced Tai Chi</b> ART		<b>Dance Aerobics</b> DEBBIE
9:00 am	<b>S.O.S.</b> RONA	<b>Stretch, Flex &amp; Balance</b> LILLIAN	<b>S.O.S.</b> JOHN C.	<b>Sculpt</b> LILLIAN	<b>S.O.S.</b> DEBBIE
9:00 am Recreation Ballroom	<b>Chair Pilates</b> LILLIAN		<b>BEAT</b> LORI M.		<b>Stretch, Flex &amp; Balance</b> LILLIAN
10:00 am	<b>Balanced Body</b> LARRY	<b>Chair Yoga</b> LILLIAN	<b>Balanced Body</b> LILLIAN	<b>Chair Yoga</b> LILLIAN	<b>Balanced Body</b> LORI M.
10:00 am Recreation Ballroom	<b>Chair Yoga</b> SANDRA		<b>Chair Yoga</b> SCOTT		<b>Chair Yoga</b> SCOTT
11:00 am	<b>Chair Dance</b> AMY	<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>Dance Aerobics</b> DEBBIE		<b>Zumba® Gold</b> AMY		<b>Dance Aerobics</b> LORI M.
12:00 pm				<b>Beginner/Intermediate Tai Chi</b> NANCY	
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> LORI B.	<b>Chair Yoga</b> FRED	<b>Balanced Body</b> LILLIAN	
5:00 pm		<b>Candlelight Yoga</b> FRED		<b>Power 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. 7534.

## ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>Inferno HIIT</b> GIB	<b>STRONG</b> BUDDY	<b>Inferno HIIT</b> RONA	<b>STRONG</b> LILLIAN	<b>Core &amp; More</b> JOHN C.
9:00 am	<b>Power 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>Power Yoga</b> SANDRA	<b>STRONG</b> GIB	<b>Yoga</b> LORI	<b>STRONG</b> JOE
11:00 am	<b>Yoga</b> SCOTT		<b>Yoga</b> TRISH		<b>ABC Yoga</b> TRISH
4:00 pm	<b>Muscle Fit</b> WCAA	<b>Strong and Steady</b> WCAA		<b>Interval Training</b> WCAA	<b>Dance Fit</b> WCAA

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 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 INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 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	<b>**Deep Water Aerobics</b> LARRY	<b>**Shallow Water Aerobics</b> SUE	<b>**Deep Water Aerobics</b> TRISH	<b>**Shallow Water Aerobics</b> BARB	<b>**Deep Water Aerobics</b> SUE
10:00 am	Open Swim	<b>**Shallow Water Aerobics</b> SUE	Open Swim	<b>**Shallow Water Aerobics</b> BARB	Open Swim
11:00 am	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
12:30 pm	Aqua Aerobics Club	<b>**Shallow Water Aerobics</b> DIANE	Aqua Aerobics Club	<b>**Shallow Water Aerobics</b> 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.

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