



NOVEMBER 2025 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	SPARC LILLIAN	Step DEBBIE	Remix Bootcamp BUDDY	Step DEBBIE	SPARC BUDDY
8:00 am Recreation Ballroom	Zumba® Gold-Toning AMY		Intermediate/Advanced Tai Chi ART		Dance Cardio AMY
9:00 am	S.O.S. RONA	Stretch, Flex & Balance LILLIAN	S.O.S. JOHN C.	Sculpt LILLIAN	S.O.S. DEBBIE
9:00 am Recreation Ballroom	Chair Pilates LILLIAN		BEAT LORI M.		Stretch, Flex & Balance LILLIAN
10:00 am	Balanced Body LARRY	Chair Yoga LILLIAN	Balanced Body LILLIAN	Chair Yoga LILLIAN	Balanced Body LILLIAN
10:00 am Recreation Ballroom	Chair Yoga SANDRA		Chair Yoga SCOTT		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 LORI M.		Zumba® Gold AMY		Dance Aerobics LORI M.
12:00 pm		Parkinson's B.A.S.E. CINDY		Beginner/Intermediate Tai Chi NANCY	NEW! SATURDAY ROTATION: Saturday 11/1/25 STRONG: 9 am @ Recreation Center Saturday 11/15/25 Pilates: 9 am @ Recreation Center
1:00 pm		Chair Chi ART			
3:00 pm	VYP Chair Yoga JOE	Balanced Body LORI B.	Chair Yoga FRED	Balanced Body CINDY	
5:00 pm		Candlelight Yoga FRED		Candlelight 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	Inferno HIIT GIB	STRONG BUDDY	Inferno HIIT RONA	STRONG LILLIAN	Core & More JOHN C.
9:00 am	Yoga SANDRA	Pilates Fusion GIB	Yoga JOE	Pilates Fusion LORI	Yin Yoga MELANIE
10:00 am	STRONG JOHN C.	STRONG DEBBIE	STRONG BUDDY	STRONG GIB	STRONG JOE
11:00 am	Yoga SCOTT	Yoga SANDRA	Yoga TRISH	Yoga LORI M.	ABC Yoga TRISH
4:00 pm	Muscle Fit WCAA	Strong and Steady WCAA		Interval Training WCAA	Dance Fit 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	**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®