



MARCH 2026 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	SPARC LILLIAN	Step DEBBIE	Remix Bootcamp JOHN C.	Step DEBBIE	SPARC DEBBIE
8:00 am Recreation Ballroom	Walk Fit NADINE		Tai Chi ART		Dance Aerobics KIM
9:00 am	S.O.S. RONA	Stretch, Flex & Balance LILLIAN	S.O.S. JOHN C.	Body Burn* DEBBIE	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 LORI M.	Chair Yoga LILLIAN	Balanced Body LILLIAN
10:00 am Recreation Ballroom	Chair Yoga SANDRA		Chair Yoga SCOTT		Chair Yoga SCOTT
11:00 am	Get Fit While You Sit* LORI B.	Brain Power BP TEAM	Get Fit While You Sit JOE	Sculpt* LILLIAN	Chair Dance
11:00 am Recreation Ballroom	Dance Aerobics LORI M.		Zumba* NADINE		Zumba* NADINE
12:00 pm		Parkinson's B.A.S.E.* CINDY		Move to Improve Parkinson's SUE	SATURDAY CLASSES: S.O.S. 9 am Chair Yoga 10 am
1:00 pm		Chair Chi ART		Beginner/Intermediate Tai Chi NANCY	
3:00 pm	VYP Chair Yoga JOE	Balanced Body LORI B.	Chair Yoga LILLIAN	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 2:00 pm. These are free but space is limited. To schedule an appointment, please call (352) 854-8707 Ext. 7534.

*Seasonal classes run from October-April.

ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	STRONG*	STRONG* LILLIAN	HIIT RONA	STRONG* LILLIAN	STRONG* 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 JOE	STRONG* JOHN	STRONG RONA
11:00 am	Yoga* LILLIAN	Yoga SANDRA	Yoga* TRISH	Yoga SANDRA	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.

*Seasonal classes run from October-April

SCAN QR CODE TO VIEW
THE ARBOR FITNESS CENTER
INDOOR POOL SCHEDULE

