



# JULY 2026 FITNESS

## RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>SPARC</b> JOE	<b>Step</b> DEBBIE	<b>Remix Bootcamp</b> DEBBIE	<b>Step</b> DEBBIE	<b>SPARC</b> NADINE
8:00 am Ballroom	<b>Cardio Boxing</b> NADINE		<b>Tai Chi</b> ART		<b>Dance Aerobics</b> KIM
9:00 am	<b>S.O.S.</b> NADINE	<b>Stretch, Flex &amp; Balance</b> DEBBIE	<b>S.O.S.</b> JOHN C.	<b>Stretch, Flex &amp; Balance</b> DEBBIE	<b>S.O.S.</b> DEBBIE
9:00 am Ballroom	<b>Chair Pilates</b> LILLIAN		<b>BEAT</b> LORI M.		<b>Chair Pilates</b> LILLIAN
10:00 am	<b>Balanced Body</b> LARRY	<b>Chair Yoga</b>	<b>Balanced Body</b> LORI M.	<b>Chair Yoga</b> LEXI	<b>Balanced Body</b> DEBBIE
10:00 am Ballroom	<b>Chair Yoga</b> SANDRA		<b>Chair Yoga</b> SCOTT		<b>Chair Yoga</b> SCOTT
11:00 am		<b>Brain Power</b> BP TEAM	<b>Get Fit While You Sit</b> JOE	<b>Sculpt</b> LILLIAN/LEXI	<b>Chair Dance</b> KIM
11:00 am Ballroom	<b>Dance Aerobics</b> LORI M.		<b>Zumba®</b> NADINE		<b>Zumba®</b> NADINE
12:00 pm		<b>Parkinson's B.A.S.E.**</b> SUE		<b>Move to Improve Parkinson's**</b> SUE	<b>SATURDAY CLASSES:</b>  <b>S.O.S.</b> <b>9 am</b> <b>Chair Yoga</b> <b>10 am</b>
1:00 pm		<b>Chair Chi**</b> ART		<b>Beginner/Intermediate Tai Chi</b> NANCY	
3:00 pm	<b>VYP Chair Yoga</b> JOE	<b>Balanced Body</b> VICKY	<b>Chair Yoga</b> TRISH	<b>Balanced Body</b> LORI B.	
5:00 pm		<b>Candlelight Yoga</b> ROTATION		<b>Candlelight 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 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-July.

\*\*Temporarily located at the Arbor Fitness Center.

## ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	<b>STRONG*</b> DEBBIE	<b>STRONG</b> LILLIAN		<b>STRONG</b> LILLIAN	
9:00 am	<b>Yoga</b> SANDRA	<b>Pilates Fusion</b> VICKY/LILLIAN	<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> JOE	<b>Yoga</b> LORI M.	<b>STRONG</b> JOHN C.
11:00 am	<b>Sculpt</b> LEXI		<b>Yoga</b> TRISH		
4:00 pm	<b>Muscle Fit</b> WCAA VIRTUAL CLASS	<b>Strong and Steady</b> WCAA VIRTUAL CLASS		<b>Interval Training</b> WCAA VIRTUAL CLASS	<b>Dance Fit</b> WCAA VIRTUAL CLASS

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-July

## ARBOR FITNESS CENTER INDOOR POOL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		<b>Shallow Water Aerobics</b> SHERRE		<b>Shallow Water Aerobics</b> BARB	
12:30 pm		<b>Shallow Water Aerobics</b> DIANE		<b>Shallow Water Aerobics</b> SHERRE	

Open Swim: Saturdays 7 AM - 8:15 PM; Sundays 9 AM - 6:45 PM

All Water Aerobics classes are an additional fee, Fitness Pass purchase required. Please call (352) 854-8707 Ext. 7639.