NOVEMBER 2026 FITNESS

RECREATION FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	SPARC JOE	Step DEBBIE	Remix Bootcamp DEBBIE	Step DEBBIE	SPARC NADINE
8:00 am Ballroom	Cardio Boxing NADINE		Tai Chi ART		Dance Aerobics KIM
9:00 am	S.O.S. NADINE	Stretch, Flex & Balance DEBBIE	S.O.S. JOHN C.	Stretch, Flex & Balance DEBBIE	S.O.S. DEBBIE
9:00 am Ballroom	Chair Pilates LILLIAN		BEAT LORI M.		Chair Pilates LILLIAN
10:00 am	Balanced Body LARRY	Chair Yoga DEBBIE	Balanced Body LORI M	Chair Yoga VICKI	Balanced Body DEBBIE
10:00 am Ballroom	Chair Yoga SANDRA		Chair Yoga SCOTT		Chair Yoga SCOTT
11:00 am	Cardio Drumming NADINE	Brain Power BP TEAM	Get Fit While You Sit JOE	Sculpt VICKI	
11:00 am 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 CINDY	Chair Yoga TRISH	Balanced Body LORI B.	
5:00 pm		Candlelight Yoga MARY		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 November-November.

**Temporarily located at the Arbor Fitness Center.

ARBOR FITNESS CENTER CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am	STRONG DEBBIE	STRONG LILLIAN	Super Circuit VICKI	STRONG LILLIAN	STRONG VICKI
9:00 am	Yoga SANDRA	Pilates Fusion VICKI/LILLIAN	Yoga JOE	Pilates Fusion LORI M.	Yin Yoga MELANIE
10:00 am	STRONG JOHN C.	Yoga SANDRA	STRONG JOE	Yoga LORI M.	STRONG JOHN C.
11:00 am	Sculpt DEBBIE		Yoga TRISH		
4:00 pm	Muscle Fit WCAA VIRTUAL CLASS	Strong and Steady WCAA VIRTUAL CLASS		Interval Training WCAA VIRTUAL CLASS	Dance Fit 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 November-November

ARBOR FITNESS CENTER INDOOR POOL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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		Shallow Water Aerobics SHERRE		Shallow Water Aerobics BARB	
12:30 pm		Shallow Water Aerobics DIANE		Shallow Water Aerobics 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.

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