



# Fitness Center Programs



**Monday**

**9:45-10:30 am  
Men's Fitness  
Class**

Warm-Up  
Hand Weights  
Cardiovascular

**10:30-11:15 am  
Women's  
Fitness Class**

Warm-Up  
Cardiovascular  
Resistance Bands

**11:15 am-12:00 pm  
Water Fitness  
Class**

**1:00 pm - 3:00 pm  
Open Fitness**

Get assistance with  
your workout and  
have fun!

**2:15 - 3:00 pm  
Balance Class**



**Tuesday**

**8:30-9:15 am  
Water Fitness  
Class**

**9:30-10:30 am  
Tai Chi**

**9:45-10:30 am  
Arthritis Water  
Fitness**

**1:00 pm - 3:00 pm  
Open Fitness**

Get assistance with  
your workout and  
have fun!

**2:00 - 2:30 pm  
Power Toning**



**Wednesday**

**9:45-10:30 am  
Men's Fitness  
Class**

Warm-Up  
Hand Weights  
Cardiovascular

**10:30-11:15 am  
Women's  
Fitness Class**

Warm-Up  
Cardiovascular  
Resistance Bands

**11:15 am-12:00 pm  
Water Fitness  
Class**

**1:00 pm - 3:00 pm  
Open Fitness**

Get assistance with  
your workout and  
have fun!

**2:15 - 3:00 pm  
Balance Class**



**Thursday**

**8:30-9:15 am  
Water Fitness  
Class**

**9:30-10:30 am  
Tai Chi**

**9:45-10:30 am  
Arthritis Water  
Fitness**

**1:00 pm - 3:00 pm  
Open Fitness**

Get assistance with  
your workout and  
have fun!

**2:00 - 2:30 pm  
Power Toning**



**Friday**

**9:45-10:30 am  
Men's Fitness  
Class**

Warm-Up  
Hand Weights  
Cardiovascular

**10:30-11:15 am  
Women's  
Fitness Class**

Warm-Up  
Cardiovascular  
Resistance Bands

**11:15 am-12:00 pm  
Water Fitness  
Class**

**1:00 pm - 3:00 pm  
Open Fitness**

Get assistance with  
your workout and  
have fun!