



WINTER 20 26

class session
jan 5
to
apr 3

Note: Wellness classes require a minimum of three participants for the session to be held.

class intensity

- low
- moderate
- high

land

monday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 11:00 - 11:30 am Fall Risk ●○○
- 1:00 - 1:45 pm Chairobics ●○○
- 5:00 - 7:00 pm Cornhole & Ping-Pong ●●○

tuesday

- 8:00 - 8:45 am Full Body Strength ●●●
- 9:00 - 9:30 am Walking Group ●○○
- 9:00 - 9:45 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Slow Flow ●○○
- 11:00 am - 2:00 pm Advanced Pickleball ●●●
- 1:00 - 1:30 pm Treadmill Club ●●○
- 2:00 - 4:00 pm Intermediate Pickleball ●●○

wednesday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:30 am Walking Group ●○○
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 11:00 - 11:30 am Fall Risk ●○○
- 12:00 - 1:00 pm Cornhole ●●○
- 1:00 - 1:45 pm Chairobics ●○○
- 2:00 - 2:30 pm Tai Chi ●○○
- 5:00 - 8:00 pm Cornhole & Ping-Pong ●●○

thursday

- 8:00 - 8:45 am Full Body Strength ●●●
- 9:00 - 9:30 am Walking Group ●○○
- 9:00 - 9:45 am Cont. Line Dancing ●●○
- 10:00 - 10:30 am Chair Yoga ●○○
- 10:45 - 11:15 am Cardio & Core ●●○
- 1:00 - 1:30 pm Beg. Barre/Pilates ●○○
- 2:00 - 4:00 pm Mixed Pickleball ●●●
- 6:00 - 8:00 pm Cornhole & Ping-Pong ●●○

friday

- 8:00 - 8:45 am Fitness Fusion ●●○
- 9:00 - 9:45 am PurEnergy ●●●
- 10:00 - 10:45 am Chairobics ●○○
- 12:00 - 1:30 pm Cornhole ●●○
- 1:30 - 3:00 pm Pickleball 101 ●●○
- 3:00 - 5:00 pm Mixed Pickleball ●●●
- 5:00 - 7:00 pm Ping-Pong ●●○

saturday

- 9:30 am - 12:00 pm Advanced Pickleball ●●●
- 1:00 - 3:00 pm Intermediate Pickleball ●●○

sunday

- 12:00 - 3:00 pm Cornhole ●●○
- 3:00 - 5:00 pm Intermediate Pickleball ●●○

aquatic

- 7:00 am - 5:00 pm Open Swim
- 7:00 - 7:45 am HydroSplash ●●○
- 10:00 - 10:45 am HydroSplash ●●○
- 12:30 - 2:30 pm Water Volleyball ●●○

- 7:00 am - 5:00 pm Open Swim
- 10:30 - 11:15 am Low Impact ●○○

- 7:00 am - 5:00 pm Open Swim
- 7:00 - 7:45 am HydroSplash ●●○
- 10:00 - 10:45 am HydroSplash ●●○

- 7:00 am - 5:00 pm Open Swim
- 10:00 - 10:45 am HydroSplash ●●○
- 12:30 - 2:30 pm Water Volleyball ●●○

- 7:00 am - 3:00 pm Open Swim
- 7:00 - 7:45 am HydroSplash ●●○
- 10:00 - 10:30 am HydroSplash ●●○
- 10:30 - 11:15 am Low Impact ●○○

closed

closed



Winter 2026 Jan 5 to Apr 3

■ low
 ■ moderate
 ■ high

Land

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 8:45 am	Fitness Fusion	Full Body Strength	Fitness Fusion	Full Body Strength	Fitness Fusion		
9:00 - 9:30 am		Walking Group	Walking Group	Walking Group			
9:00 - 9:45 am	PurEnergy	Line Dancing	PurEnergy	Line Dancing	PurEnergy		
9:30 am - 12:00 pm						Adv Pickleball	
10:00 - 10:30 am		Slow Flow		Chair Yoga			
10:00 - 10:45 am	Chairobics		Chairobics		Chairobics		
10:45 - 11:15 am				Cardio & Core			
11:00 - 11:30 am	Fall Risk		Fall Risk				
11:00 am - 2:00 pm		Adv Pickleball					
12:00 - 1:00 pm			Cornhole				
12:00 - 1:30 pm					Cornhole		
12:00 - 3:00 pm							Cornhole
1:00 - 1:30 pm		Treadmill Club		Barre/Pilates			
1:00 - 1:45 pm	Chairobics		Chairobics				
1:00 - 3:00 pm						Int Pickleball	
1:30 - 3:00 pm					Pickleball 101		
2:00 - 2:30 pm			Tai Chi				
2:00 - 4:00 pm		Int Pickleball		Pickleball			
3:00 - 5:00 pm					Pickleball		Int Pickleball
5:00 - 7:00 pm	Cornhole & Ping-Pong				Ping-Pong		
5:00 - 8:00 pm			Cornhole & Ping-Pong				
6:00 - 8:00 pm				Cornhole & Ping-Pong			

Aquatic

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am - 3:00 pm					Open Swim	closed	closed
7:00 am - 5:00 pm	Open Swim						
7:00 - 7:45 am	HydroSplash		HydroSplash		HydroSplash		
10:00 - 10:30 am					HydroSplash		
10:00 - 10:45 am	HydroSplash		HydroSplash	HydroSplash			
10:30 - 11:15 am		Low Impact			Low Impact		
12:30 - 2:30 pm	Water Volleyball			Water Volleyball			

Beginner Barre/Pilates ●○○

In just 30 minutes we will stretch, strengthen, and lengthen our muscles with a combination of barre and Pilates. This class will be low impact and focus on small, controlled movements designed to improve muscular endurance, flexibility, and overall strength.

Th 1:00 - 1:30p

Chairobics ●○○

Chairobics is a fun and accessible class for those who prefer to workout seated! We use a variety of equipment to increase muscular strength and improve cardiovascular endurance.

M,W,F 10:00 - 10:45a

M,W 1:00 - 1:45p

Chair Yoga ●○○

Chair yoga incorporates seated and standing poses to help improve balance, posture, and flexibility. This class is low intensity, slow-paced, and stress-relieving.

Th 10:00 - 10:30a

Fall Risk ●○○

Join us for a variety of activities to address balance challenges, improve stability, and maintain independence. Don't let the fear of falling keep you from being active.

M,W 11:00 - 11:30a

Low Impact Water Fitness ●○○

Low-impact aquatic exercise to improve strength and create a full body experience that is gentle on the joints.

Tu,F 10:30 - 11:15a

Slow Flow ●○○

In this harmonious flow poses are guided in a slow and mindful manner, giving participants time to connect to the postures. This class is for both seated and mat yoga participants.

Tu 10:00 - 10:30a

Tai Chi ●○○

Tai Chi is a series of gentle physical exercises and stretches that promote serenity through gentle movements, connecting the mind and body.

W 2:00 - 2:30p

Cardio & Core ●●○

Cardio & Core is a mix of dynamic exercises: including step aerobics, dance cardio, kickboxing, and more! This class is designed to elevate your heart rate and leave you feeling energized.

Th 10:45 - 11:15a

Contemporary Line Dancing

Line up in a row without partners and follow a choreographed pattern of steps while dancing to various types of music.

Tu,Th 9:00 - 9:45a

Cornhole ●●○

Toss beanbags at boards in a casual environment. All equipment is provided. Set up and tear down is required by participants.

M 5:00 - 7:00p

W 12:00 - 1:00p

W 5:00 - 8:00p

Th 6:00 - 8:00p

F 12:00 - 1:30p

Su 12:00 - 3:00p

Fitness Fusion ●●○

This is a moderate-intensity class that combines cardio, strength, core, flexibility, and balance. Chair-based and standing exercises are incorporated into the class.

M,W,F 8:00 - 8:45a

HydroSplash ●●○

Get ready for an aerobic, toning, and balance class. Reap the benefits of water on your joints as you experience this moderately-intense workout.

M,W,F 7:00 - 7:45a

M,W,Th 10:00 - 10:45a

F 10:00 - 10:30a

Intermediate Pickleball ●●○

Intermediate Pickleball is for those comfortable with paddle sports and anxious to learn an exciting, energetic, fun sport. A blend of control and strategy, you'll find pickleball challenging, rewarding and a great source of exercise with a great bunch of players.

Tu 2:00 - 4:00p

Sa 1:00 - 3:00p

Su 3:00 - 5:00p

Pickleball 101 ●●○

Pickleball 101 is for all, whether or not experienced in racquet or paddle sports, wanting to learn how to play the game. A wonderful way to improve your dexterity and balance.
Fr 1:30 - 3:00p

Advanced Pickleball ●●●

What do you get when you mix badminton, tennis, and table tennis? Pickleball, of course!
Tu 11:00a - 2:00p
Sa 9:30 - 12:00p

Ping-Pong ●●○

Enjoy the classic game of ping-pong in a casual environment. All equipment is provided. Set up and tear down is required by participants.
M,F 5:00 - 7:00p
W 5:00 - 8:00p
Th 6:00 - 8:00p

Full Body Strength ●●●

During this high-intensity class we will build power and strength with a mix of functional exercises. All of the major muscle groups are targeted with different forms of resistance: including dumbbells, kettlebells, and weighted bars.
Tu,Th 8:00 - 8:45a

Treadmill Club ●●○

Step into a healthier you! Join our treadmill club for a social and motivating way to stay active- no matter the weather. Enjoy the comfort and safety of indoor walking while connecting with others. Each session features guided warm-ups and steady walking intervals.
Tu 1:00 - 1:30p

Pickleball (All Levels Open Play) ●●●

What do you get when you mix badminton, tennis, and table tennis? Pickleball of course! Players of any skill level are welcome to join us during this time.
Th 2:00 - 4:00p
F 3:00 - 5:00p

Water Volleyball ●●○

Splash around for a fun session of water volleyball. All skill levels are welcome. No prior experience necessary.
M,Th 12:30 - 2:30p

PurEnergy ●●●

Balance, agility, and endurance are needed for this class. Come ready for a high-intensity session. Increase flexibility and strength in the entire body to enhance daily functional activities.
M,W,F 9:00 - 9:45a