



FALL
2026

class session
oct 5
to
dec 18

Note: Wellness classes require a minimum of two participants for the session to be held. Instructor names are listed to help you know who typically leads each class. At times, another Wellness team member may lead the class when the scheduled instructor is unavailable.

Instructors:
JV: Jenn
MC: Madi
KN: Kaitlyn
BM: Brittany

class
intensity

- low
- moderate
- high

monday

8:00 - 8:45 am	Fitness Fusion ●●○ BM
9:00 - 9:45 am	PurEnergy ●●● KN
10:00 - 10:45 am	Chairobics ●○○ KN
11:00 - 11:30 am	Fall Risk ●○○ BM
11:45 am - 12:45 pm	Ping-Pong ●●○
1:00 - 1:45 pm	Chairobics ●○○ KN
5:00 - 7:00 pm	Cornhole & Ping-Pong ●●○
7:00 - 9:00 pm	Mixed Pickleball ●●●

tuesday

8:00 - 8:45 am	Full Body Strength ●●● MC
9:00 - 9:30 am	Walking Group ●○○ KN
9:00 - 9:45 am	Cont. Line Dancing ●●○
10:00 - 10:30 am	Slow Flow ●○○ JV
12:00 - 2:00 pm	Advanced Pickleball ●●●
2:00 - 4:00 pm	Intermediate Pickleball ●●○
6:00 - 8:00 pm	Ping-Pong ●●○

wednesday

8:00 - 8:45 am	Fitness Fusion ●●○ MC
9:00 - 9:45 am	PurEnergy ●●● BM
10:00 - 10:45 am	Chairobics ●○○ BM
11:00 - 11:30 am	Fall Risk ●○○ BM
12:00 - 1:00 pm	Cornhole ●●○
1:00 - 1:45 pm	Chairobics ●○○ MC
2:00 - 2:30 pm	Tai Chi ●○○ BM
3:00 - 4:00 pm	Non-Comp. Pickleball●●○
5:00 - 8:00 pm	Cornhole & Ping-Pong ●●○

thursday

8:00 - 8:45 am	Full Body Strength ●●● KN
9:00 - 9:30 am	Walking Group ●○○ MC
9:00 - 9:45 am	Cont. Line Dancing ●●○
10:00 - 10:30 am	Chair Yoga ●○○ MC
10:45 - 11:15 am	Cardio & Core ●●○ MC
1:00 - 1:30 pm	Barre/Pilates ●●○ MC/KN
3:00 - 5:00 pm	Mixed Pickleball ●●●
6:00 - 8:00 pm	Cornhole & Ping-Pong ●●○

friday

8:00 - 8:45 am	Fitness Fusion ●●○ KN
9:00 - 9:45 am	PurEnergy ●●● MC
10:00 - 10:45 am	Chairobics ●○○ MC
12:00 - 1:30 pm	Cornhole ●●○
2:00 - 4:00 pm	Mixed Pickleball ●●●
4:00 - 5:00 pm	Non-Comp. Pickleball●●○
5:00 - 7:00 pm	Ping-Pong ●●○

saturday

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

sunday

12:00 - 3:00 pm	Cornhole ●●○
3:00 - 5:00 pm	Intermed. Pickleball ●●○

land

aquatic

7:00 am - 7:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash ●●○ MC
10:00 - 10:45 am	HydroSplash ●●○ BM
12:30 - 2:30 pm	Water Volleyball ●●○

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

7:00 am - 7:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash ●●○ KN
10:00 - 10:45 am	HydroSplash ●●○ MC

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

7:00 am - 7:00 pm	Open Swim
7:15 - 8:00 am	HydroSplash ●●○ MC
10:00 - 10:30 am	HydroSplash ●●○ KN
10:30 - 11:15 am	Low Impact ●○○

7:00 am - 12:00 pm	Open Swim
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closed



Fall 2026

Oct 5 to Dec 18

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			
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				
11:45 am - 12:45 pm	Ping-Pong						
12:00 - 1:00 pm			Cornhole				
12:00 - 1:30 pm					Cornhole		
12:00 - 2:00 pm		Adv Pickleball					
12:00 - 3:00 pm							Cornhole
1:00 - 1:30 pm				Barre/Pilates			
1:00 - 1:45 pm	Chairobics		Chairobics				
1:00 - 3:00 pm						Int Pickleball	
2:00 - 2:30 pm			Tai Chi				
2:00 - 4:00 pm		Int Pickleball			Mixed Pickle		
3:00 - 4:00 pm			Non-Comp Pickle				
3:00 - 5:00 pm				Mixed Pickle			Int Pickleball
4:00 - 5:00 pm					Non-Comp Pickle		
5:00 - 7:00 pm	Cornhole & Ping-Pong				Ping-Pong		
5:00 - 8:00 pm			Cornhole & Ping-Pong				
6:00 - 8:00 pm		Ping-Pong		Cornhole & Ping-Pong			
7:00 - 9:00 pm	Mixed Pickle						

Aquatic

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 am - 12:00 pm						Open Swim	closed
7:00 am - 7:00 pm	Open Swim						
7:15 - 8:00 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			

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

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

Cardio & Core ●●○

Cardio & Core is a mix of dynamic exercises designed to elevate your heart rate, get your blood pumping, and leave you feeling energized! Having a strong core improves posture, prevents injury, and boosts agility for everyday life.
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 7:15 - 8:00a
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. Sign up in Uniguest.
Tu 2:00 - 4:00p
Sa 1:00 - 3:00p
Su 3:00 - 5:00p

Non-Competitive Pickleball ●●○

A fun time to work on your game: Hone your skills, practice focus and control as well as try new methods without the pressure of a competitive game. Also, a wonderful time to find out what Pickleball is all about! Session will be held for one or more. Sign up in Uniguest by 12:00 pm the day of the activity.
W 3:00 - 4:00p
F 4:00 - 5:00p

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 11:45a - 12:45p
Tu 6:00 - 8:00p
M,F 5:00 - 7:00p
W 5:00 - 8:00p
Th 6:00 - 8:00p

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

Advanced Pickleball ●●●

What do you get when you mix badminton, tennis, and table tennis? Pickleball, of course! Sign up in Uniguest.
Tu 12:00 - 2:00p
Sa 9:30 - 12:00p

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

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. Sign up by noon in Uniguest.
M 7:00 - 9:00p
Th 3:00 - 5:00p
F 2:00 - 4:00p

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