

CLASS SCHEDULE FOR 50TH ANNIVERSARY!

Tuesday, September 9, 2025

Time	Class	Instructor	Location
6:00 AM	Cycling Through the Decades	Chrissy	Cycling Room
9:00-10:00 AM	Zumba Gold Through the Decades	Amber & Melanie	Gym A
10:15-10:45 AM	Active Adult Total Fitness Demo	Sue	Gym A
11:00 AM-Noon	Open Pickleball Lessons/Tips	Maribel & Scott O	Big Gym
12:15-12:45 PM	Deep Water Running	Amy	Rec Pool
1:00-1:30 PM	Wet Pilates	Amy	Therapy Pool
2:00-2:30 PM	Mat Pilates Demo	Amy	Small Gym