

WEEKLY FITNESS SCHEDULE

*Pool
is Open*

September 2026



MONDAY

9:20 AM Cardio Dance Fun! - FC
10:00 AM Tai Chi with Allen- SC
10:00 AM Weights with Arthur- FC
11:00 AM Chair Exercise- SC

TUESDAY

9:20 AM Basic Balance- SC
10:00 AM Rise and Shine Stretch- SC
10:45 AM Gentle BeMoved- SC **NEW DAY!**
2:00 PM ALF Chair Class- 2nd Floor ALF
3:00 PM Memory Support Chair- Stafford

WEDNESDAY

10:00 AM Weights Class- FC
11:00 AM Chair Exercise- SC

THURSDAY

Schedule change due to
Standish being unavailable for
classes.

9:20 AM Brain Fitness- LL
10:15 AM Get Down, Get Up!- **Dux Hall**
10:00 AM Ballet Barre- FC
11:00 AM Aqua Balance- Pool **NEW!**

FRIDAY

9:20 AM Posture Core and More - SC
10:00 AM Yoga with Ashley- SC
10:00 AM Weights Class- FC
11:00 AM Chair Exercise- SC
2:00 PM GYM 101 with Billy- FC (18th & 25th) **NEW!**

SATURDAY

10:00 AM Zumba Gold Chair- SC
September 12th and 26th ONLY **NEW!**

All classes, dates and locations are subject to change.

** Class start times may vary slightly based on instructor availability. **