


December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	2 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	3 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	4 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	5 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	Facility Opens at 11:00am
7	8 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	9 8:30am Intro to exercise 10:00am Science of Stretching 5:30pm Tai Chi	10 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	11 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	12 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	
14 <u>Fitness Room Hours:</u> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	15 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	16 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	17 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30 Computer Literacy *5:15pm TRX	18 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	19 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	20
21	22 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	23 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	24  Facility Closed		25 Facility Closed	26 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi
28 ***8:30am Intro to exercise class offered in place of Aquacise classes, currently. When the pool reopens the intro to exercise will switch back over to Aquacise.***	29 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	30 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	31 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance Facility closes at 5:00pm			