

April 2026

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|---|---|
| | | | 1 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX | 2 *7:45am TRX 8:30am Intro to exercise 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone* | 3 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> | 4 12:00pm Tai Chi at Lakeside Pavilion |
| 5 | 6 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone* | 7 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi | 8 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX | 9 *7:45am TRX 8:30am Intro to exercise 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone* | 10 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> | 11 12:00pm Tai Chi at Lakeside Pavilion |
| 12 Fitness Room Hours: Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed | 13 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone* | 14 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi | 15 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 12:30 Digital Literacy 10am Beginner Line Dance *5:15pm TRX | 16 *7:45am TRX 8:30am Intro to exercise 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone* | 17 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am-3pm Outdoor Adaptive Recreation Day 5pm-8pm <i>Pickleball</i> | 18 12:00pm Tai Chi at Lakeside Pavilion |
| 19 | 20 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone* | 21 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi | 22 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX | 23 *7:45am TRX 8:30am Intro to exercise 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone* | 24 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> | 25 12:00pm Tai Chi at Lakeside Pavilion |
| 26 ***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.*** | 27 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone* | 28 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi | 29 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX | 30 *7:45am TRX 8:30am Intro to exercise 5:30pm Power Hour 6:45pm Trim & Tone* | | |