

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	2 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	3 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	4 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> Rec Center Closes 4:00pm	5
6	7 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 7:00pm Summer Splash*	8 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	9 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	10 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	11 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	12
13 Fitness Room Hours: Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-8:00pm Sun. 1:00pm-5:00pm	14 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 7:00pm Summer Splash*	15 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	16 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30pm Computer Literacy *5:15pm TRX	17 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	18 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	19
20	21 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 7:00pm Summer Splash*	22 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	23 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	24 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*	25 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	26
27	28 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour 7:00pm Summer Splash*	29 *7:45am TRX-Beginners 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	30 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	31 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 7:00pm Summer Splash*		