

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	2 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	3 12:00pm Tai Chi at Lakeside Pavilion
4	5 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	6 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class	7 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling	8 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	9 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	10 12:00pm Tai Chi at Lakeside Pavilion
11 Bubble install week Pool closed 11th-18th Plan to reopen 19th	12 *7:45am TRX 9:00am SS Circuit 5:30pm Power Hour	13 7:45am Pilates 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class- DRY	14 *7:45am TRX 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	15 *7:45am TRX 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class- DRY	16 *7:45am TRX 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	17 12:00pm Tai Chi at Lakeside Pavilion
18 Fitness Room Hours: Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	19 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	20 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class	21 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	22 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	23 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 5pm-8pm <i>Pickleball</i>	24 12:00pm Tai Chi at Lakeside Pavilion
25	26 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 5:30pm Power Hour	27 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class	28 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling *5:15pm TRX	29 *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour 6:00pm Tales on the Trails- Lakeside *6:30 Splash Class	30 *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10am Beginner Line Dance 4:00pm Treats in the Streets-Downtown 5pm-8pm <i>Pickleball</i>	31 12:00pm Tai Chi at Lakeside Pavilion