

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Holiday- Facility closes at 11:30am *7:45am TRX 8:30am Intro to Exercise 9:00am SS Circuit 6:45pm Trim & Tone*	2 *7:45am TRX-Beginners 8:30am Intro to Exercise 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 8:30am Intro to Exercise 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>	6 8:00am Tai Chi at Lakeside Pavilion
7	8 *7:45am TRX 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	9 *7:45am TRX-Beginners 9:00am SS Yoga 10:00am Science of Stretching	10 *7:45am TRX 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	11 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	12 *7:45am TRX 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	13 8:00am Tai Chi at Lakeside Pavilion
14 Fitness Room Hours: 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 *7:45am TRX-Beginners 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 12:30pm Computer Literacy *5:15pm TRX	18 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>	20 8:00am Tai Chi at Lakeside Pavilion
21	22 *7:45am TRX 8:30am Intro to Exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	23 *7:45am TRX-Beginners 8:30am Intro to Exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	24 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	25 8:30am Intro to Exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	26 *7:45am TRX 8:30am Intro to Exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	27 8:00am Tai Chi at Lakeside Pavilion
28	29 *7:45am TRX 8:30am Intro to Exercise 9:00am SS Circuit 5:30pm Power Hour	30 *7:45am TRX-Beginners 8:30am Intro to Exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi				