

September 2026

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