

WELLNESS CENTER

MOVE • BALANCE • CONNECT • THRIVE

WEEK AT A GLANCE

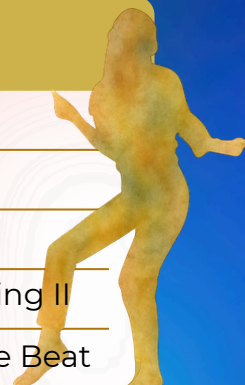
MONDAY

9:30 am | FlexFit
10:00 am | VIVO
10:30 am | Qi Gong Tai Chi
10:30 am | BINGOcize
11:00 am | ChairFit
1:00 pm | Line Dancing II
2:15 pm | Indoor Pickleball



TUESDAY

9:30 am | DanceFit
10:30 am | ChairFit
12:00 pm | Yoga II
1:00 pm | Line Dancing II
2:15 pm | Stick to the Beat



WEDNESDAY

8:30 am | Stick to the Beat
9:30 am | Standing Aerobics
10:45 am | Line Dancing I
1:00 pm | VIVO
1:00 pm | Chair Volleyball



THURSDAY

9:30 am | Yoga I
10:30 am | SureFit
10:30 am | BINGOcize
1:00 pm | Qi Gong Tai Chi
5:30 pm | Line Dancing I
7:00 pm | Ballroom Dancing



FRIDAY

9:00 am | VIVO
9:30 am | FlexFit
10:45 am | DanceFit
1:00 pm | Chair Volleyball
2:15 pm | Line Dancing I



DAILY OUTDOOR ACTIVITIES

PICKLEBALL  WALKING 

NATURE TRAIL  FITNESS MACHINES

FITNESS MACHINE ROOM

Available Mon - Fri
8:00 am - 4:00 pm



MONTHLY EVENTS

Saturday Night Dance
3rd Saturday
of the Month

