

Fitness Center Schedule

Last updated 7/27/21



Land Schedule

Pool Schedule

Times	MON	TUES	WED	THUR	FRI	SAT		
5:30AM						CLOSED		
8AM								
8:30AM		Muscle Conditioning Susun		Muscle Conditioning Susun		Tai Chi Sara		
9AM		Yoga Susun		Yoga Susun				
10AM	PHYSICAL THERAPY		PHYSICAL THERAPY		PHYSICAL THERAPY			
11AM								
12PM		CLOSED		PHYSICAL THERAPY		CLOSED	PHYSICAL THERAPY	CLOSED
1-2PM								
3PM								
4-5PM								
6-7PM								

Close at 7PM

Muscle Conditioning: Strengthening and stretching exercises to reduce muscle tension, increase range of motion, flexibility and core endurance

Tai Chi: Meditative, relaxed slow exercise for improving endurance and balance

Yoga: Deep breathing, stretching, and relaxation to reduce stress and pain

Times	MON	TUES	WED	THUR	FRI	SAT	
5:30AM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED	
6AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
7AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
8AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
8:30AM	PHYSICAL THERAPY	Water Toning Mary (8:45am-9:30am)	PHYSICAL THERAPY	Water Toning Mary (8:45am-9:30am)	PHYSICAL THERAPY		OPEN SWIM
10AM		OPEN SWIM		OPEN SWIM			
11AM		OPEN SWIM		OPEN SWIM			
12PM		Physical Therapy		Physical Therapy			
1:30PM		CACDD		CACDD			
2:30PM		Physical Therapy		Physical Therapy			
3:30PM						CLOSED	
5PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		
6PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		



Close at 7PM