

WEEKLY GROUP FITNESS

MONDAY

8A OUTDOOR Suspension
8:30A Move-it
9A OUTDOOR Cardio Tennis
9:15A OUTDOOR Morning Yoga
9:45A Ropes & Resistance
10:15A Morning Joint Mobility GYM
11A HIIT & Tabata Training & Stretch
2P Active Seniors Yoga
6:30P Tae Kwon Do

TUESDAY

7:30A Beach Yoga (ends October)
8A OUTDOOR RXFit
8:30A Core & More
9:45A YIN Yoga
11:15A Balance & Fall Prevention
1P Senior Mobility & Functionality
2P Over 60 Training

WEDNESDAY

8A OUTDOOR Suspension
8A Ropes & Resistance
9:30A Drums Alive MAGNOLIA
9:15A OUTDOOR Morning Yoga
9:30A HIIT & Tabata Training
10:45A Zumba/Dance Fitness September 9 & 16 only
2P Yoga for Healthy Aging
6P Yin Yoga
6:30P Tae Kwon Do GYM

THURSDAY

8A RXFIT
8:30A Barre/latates MAGNOLIA
9A OUTDOOR Cardio Tennis
9:45A Line Dancing INTER
10:45A Line Dancing BEG
12P Balance & Flow
1P Senior Mobility & Functionality
2P Over 60 Training

FRIDAY

8A OUTDOOR Suspension
8:30A Strength
9:15A OUTDOOR Morning Yoga
9:45A Stability & Strength
11A Balance & Fall Prevention

SATURDAY

8:30A RXFit Club (2 Saturdays per month)
9A Tae Kwon DO
9A Drums Alive (9.12, 26; 10.10, 24; 11.7, 14; 12.5, 19)
10A Preteen Yoga (September-December; 1.9-3.27)
11A Teen Yoga (September-December; 1.9-3.27)

All classes are held in the High/Low Tide Room unless otherwise noted on the schedule.

Updated 8.27.26



SEPTEMBER