

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8a Express Total Body Sculpt- RSF 8a Walk and Tone - RSF Walking Track 8a TRX Suspension Training - PA 9a Body Sculpt - PA 9a Body Sculpting - RSF 9a H2O Express - RSF 10a - 10:45a Centergy- RSF 10a Barre - RSF 10a - 1p Lap Swimming - RSF 10a Zumba Combo - PA 11a Pilates - RSF 11a Low Impact Aerobics - PA 12p - 12:45p The Next Step Up in Lines- RSF 12p Cardio Ballroom - PA 12p Intermediate Line Dance - RSF 1p - 1:45p Movin' Up in Lines- RSF 1p Drums alive Powerbeats- PA 1p Advanced Line Dance - RSF 2p Qi Gong for Life- PA 2p Balance Training - RSF 3p - 5p Table Tennis (Open Play) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 4p Yoga Stretch & Mobility - PA 6p Evening Zumba-RSF	2 8a Body Sculpting- PA 8a Aqua Zumba - RSF 9a - 11:45a Open aqua fitness 9a Everybody Steps - PA 9a Breathe, Stretch, & Relax - RSF 10a Core and More - PA 10a Zumba Gold Toning - RSF 11a Balls and Bands- RSF 11a Beginning Balance Training - PA 12p Beginner's Yoga- PA 12p Belly Dancing- RSF 12p Joint Relief (Aqua) - RSF 1p Zumba- PA 1p - 5p Open Lap Swimming - RSF 1p Zumba - RSF 2p Fit Body Circuit - PA 3p Qi Gong-PA 5:30p - 8:30p Water Volleyball (League Play) - RSF	3 8a Total Body Conditioning - RSF 8a TRX Suspension Training - PA 8a Walk and Tone - RSF Walking Track 9a Breathe, Stretch, Relax- RSF 9a Breathe, Stretch, Relax- RSF 9a Boot Camp - PA 9a H2O Express - RSF 10a - 1p Lap Swimming - RSF 10a Yogabeat - PA 11a Fit Factory-PA 11a Functional Training/Chair - RSF 12p Beginner Line Dance - PA 12p Self Defense Class-RSF 1p Balance Training- RSF 1p Qi Gong for Life -PA 2p Ballroom Dance Beg. - PA 3p Ballroom dancing Inter- PA 4p - 6p Table Tennis (Open Play & Instruction) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 6p Evening Zumba-RSF	4 8a Body Sculpting 1- RSF 8a Yoga - PA 9a Energy City- PA 9a Splash & Tone - RSF 9a Yogabeat- RSF 10a Sit to Fit- PA 10a Zumba Gold Toning - RSF 10a Gentle Joints-Zumba Gold Toning - RSF 10a - 12p Open Aqua Fitness 11a Cardio Knockout- PA 11a Everybody Steps - RSF 12p Muscle Ignite - PA 12p Drums Alive - RSF 1p Zumba-PA 1p Joint Relief Aqua-RSF 1p Zumba - RSF	5 8a Yoga Flow - RSF 9a Cardio Splash-RSF 9a Body Alive - PA 9a CIRCL Mobility - RSF 11a - 12p Qi Gong-PA 11a Tai Chi - RSF 2p - 6:30p Water Volleyball (League Play) - RSF
6 9a - 1p Table Tennis - RSF	7 8a Tabata H2O - RSF	8 8a Express Total Body Sculpt- RSF	9 8a Body Sculpting- PA	10 8a Total Body Conditioning - RSF	11 8a Body Sculpting 1- RSF	12 8a Yoga Flow - RSF

2p - 4p Water Volleyball (Open Play) - RSF	8a Group Barbell-PA	8a Walk and Tone - RSF Walking Track	8a Aqua Zumba - RSF	8a TRX Suspension Training - PA	8a Yoga - PA	9a Cardio Splash-RSF
	8a Total Body Toning Exercise-RSF	8a TRX Suspension Training - PA	9a - 11:45a Open aqua fitness	8a Walk and Tone - RSF Walking Track	9a Energy City- PA	9a Body Alive - PA
3:30p - 6:30p Water Volleyball (League Play)- RSF	8a Tabatha H20 -RSF	9a Body Sculpt - PA	9a Everybody Steps - PA	9a Breathe, Stretch, Relax- RSF	9a Splash & Tone - RSF	9a CIRCL Mobility - RSF
	9a Splash and Tone-RSF	9a Body Sculpting - RSF	9a Breathe, Stretch, & Relax - RSF	9a Breathe, Stretch, Relax- RSF	9a Yogabeat- RSF	11a - 12p Qi Gong-PA
	9a Athletic Conditioning - RSF	9a H20 Express - RSF	10a Core and More - PA	9a Boot Camp - PA	10a Sit to Fit- PA	11a Tai Chi - RSF
	9a Breathe, Stretch, & Relax - PA	10a - 10:45a Centergy- RSF	10a Zumba Gold Toning - RSF	9a H20 Express - RSF	10a Zumba Gold Toning - RSF	2p - 6:30p Water Volleyball (League Play) - RSF
	10a Zumba Step - PA	10a Barre - RSF	11a Balls and Bands- RSF	10a - 1p Lap Swimming - RSF	10a Gentle Joints-Zumba Gold Toning - RSF	
	10a Power Hour-RSF	10a - 1p Lap Swimming - RSF	11a Beginning Balance Training - PA	10a Yogabeat - PA	10a - 12p Open Aqua Fitness	
	10a - 12p Open Aqua Fitness	10a Zumba Combo - PA	12p Beginner's Yoga- PA	11a Fit Factory-PA	11a Cardio Knockout- PA	
	11a Fit Factory- PA	11a Pilates - RSF	12p Belly Dancing- RSF	11a Functional Training/Chair - RSF	11a Everybody Steps - RSF	
	11a Self Defense Class-RSF	11a Low Impact Aerobics - PA	12p Joint Relief (Aqua) - RSF	12p Beginner Line Dance - PA	12p Muscle Ignite - PA	
	12p Balls and Bands- PA	12p - 12:45p The Next Step Up in Lines- RSF	1p Zumba- PA	12p Self Defense Class-RSF	12p Drums Alive - RSF	
	12p Drums Alive! Chair Exercise - RSF	12p Cardio Ballroom - PA	1p - 5p Open Lap Swimming - RSF	1p Balance Training- RSF	1p Zumba-PA	
	12p Joint Relief (Aqua) - RSF	12p Intermediate Line Dance - RSF	1p Zumba - RSF	1p Qi Gong for Life -PA	1p Joint Relief Aqua-RSF	
	1p - 5p Lap Swimming - RSF	1p - 1:45p Movin' Up in Lines- RSF	2p Fit Body Circuit - PA	2p Ballroom Dance Beg. - PA	1p Zumba - RSF	
	1p Zumba - PA	1p Drums alive Powerbeats- PA	3p Qi Gong-PA	3p Ballroom dancing Inter- PA		
	1p Zumba - RSF	1p Advanced Line Dance - RSF	5:30p - 8:30p Water Volleyball (League Play) - RSF	4p - 6p Table Tennis (Open Play & Instruction) - RSF		
	2p - 3p Beginner Tai Chi- RSF	2p Qi Gong for Life- PA		4p - 8:30p Water Volleyball (League Play) - RSF		
	3p - 4p Intermediate Tai Chi- RSF	2p Balance Training - RSF		6p Evening Zumba-RSF		
	4p Yoga - PA	3p - 5p Table Tennis (Open Play) - RSF				
	4:15p Gentle Chair Yoga - RSF	4p - 8:30p Water Volleyball (League Play) - RSF				
	5:15p Fit Body Circuit- PA	4p Yoga Stretch & Mobility - PA				
	5:30p - 8:30p Water Volleyball - RSF	6p Evening Zumba-RSF				
13	14	15	16	17	18	19
9a - 1p Table Tennis - RSF	8a Tabata H20 - RSF	8a Express Total Body Sculpt- RSF	8a Body Sculpting- PA	8a Total Body Conditioning - RSF	8a Body Sculpting 1- RSF	8a Yoga Flow - RSF
2p - 4p Water Volleyball (Open Play) - RSF	8a Group Barbell-PA	8a Walk and Tone - RSF Walking Track	8a Aqua Zumba - RSF	8a TRX Suspension Training - PA	8a Yoga - PA	9a Cardio Splash-RSF
3:30p - 6:30p Water Volleyball (League Play)- RSF	8a Total Body Toning Exercise-RSF	8a TRX Suspension Training - PA	9a - 11:45a Open aqua fitness	8a Walk and Tone - RSF Walking Track	9a Energy City- PA	9a Body Alive - PA
	8a Tabatha H20 -RSF	9a Body Sculpt - PA	9a Everybody Steps - PA	9a Breathe, Stretch, Relax- RSF	9a Splash & Tone - RSF	9a CIRCL Mobility - RSF
	9a Splash and Tone-RSF	9a Body Sculpting - RSF	9a Breathe, Stretch, & Relax - RSF	9a Breathe, Stretch, Relax- RSF	9a Yogabeat- RSF	11a - 12p Qi Gong-PA
	9a Athletic Conditioning - RSF	9a H20 Express - RSF	10a Core and More - PA		10a Sit to Fit- PA	11a Tai Chi - RSF
	9a Breathe, Stretch, & Relax - PA	10a - 10:45a Centergy- RSF				
	10a Zumba Step - PA	10a Barre - RSF				
	10a Power Hour-RSF	10a - 1p Lap Swimming - RSF				
	10a - 12p Open Aqua Fitness	10a Zumba Combo - PA				
	11a Fit Factory- PA	11a Pilates - RSF				
	11a Self Defense Class-RSF	11a Low Impact Aerobics - PA				
	12p Balls and Bands- PA	12p - 12:45p The Next Step Up in Lines- RSF				
	12p Drums Alive! Chair Exercise - RSF	12p Cardio Ballroom - PA				
	12p Joint Relief (Aqua) - RSF	12p Intermediate Line Dance - RSF				
	1p - 5p Lap Swimming - RSF	1p - 1:45p Movin' Up in Lines- RSF				
	1p Zumba - PA	1p Drums alive Powerbeats- PA				
	1p Zumba - RSF	1p Advanced Line Dance - RSF				
	2p - 3p Beginner Tai Chi- RSF	2p Qi Gong for Life- PA				
	3p - 4p Intermediate Tai Chi- RSF	2p Balance Training - RSF				
	4p Yoga - PA	3p - 5p Table Tennis (Open Play) - RSF				
	4:15p Gentle Chair Yoga - RSF	4p - 8:30p Water Volleyball (League Play) - RSF				
	5:15p Fit Body Circuit- PA	4p Yoga Stretch & Mobility - PA				
	5:30p - 8:30p Water Volleyball - RSF	6p Evening Zumba-RSF				

	9a Breathe, Stretch, & Relax - PA 10a Zumba Step - PA 10a Power Hour-RSF 10a - 12p Open Aqua Fitness 11a Fit Factory- PA 11a Self Defense Class-RSF 12p Balls and Bands- PA 12p Drums Alive! Chair Exercise - RSF 12p Joint Relief (Aqua) - RSF 1p - 5p Lap Swimming - RSF 1p Zumba - PA 1p Zumba - RSF 2p - 3p Beginner Tai Chi-RSF 3p - 4p Intermediate Tai Chi- RSF 4p Yoga - PA 4:15p Gentle Chair Yoga - RSF 5:15p Fit Body Circuit- PA 5:30p - 8:30p Water Volleyball - RSF	9a H2O Express - RSF 10a - 10:45a Centergy- RSF 10a Barre - RSF 10a - 1p Lap Swimming - RSF 10a Zumba Combo - PA 11a Pilates - RSF 11a Low Impact Aerobics - PA 12p - 12:45p The Next Step Up in Lines- RSF 12p Cardio Ballroom - PA 12p Intermediate Line Dance - RSF 1p - 1:45p Movin' Up in Lines- RSF 1p Drums alive Powerbeats- PA 1p Advanced Line Dance - RSF 2p Qi Gong for Life- PA 2p Balance Training - RSF 3p - 5p Table Tennis (Open Play) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 4p Yoga Stretch & Mobility - PA 6p Evening Zumba-RSF	10a Zumba Gold Toning - RSF 11a Balls and Bands- RSF 11a Beginning Balance Training - PA 12p Beginner's Yoga- PA 12p Belly Dancing- RSF 12p Joint Relief (Aqua) - RSF 1p Zumba- PA 1p - 5p Open Lap Swimming - RSF 1p Zumba - RSF 2p Fit Body Circuit - PA 3p Qi Gong-PA 5:30p - 8:30p Water Volleyball (League Play) - RSF	9a Breathe, Stretch, Relax- RSF 9a Boot Camp - PA 9a H2O Express - RSF 10a - 1p Lap Swimming - RSF 10a Yogabeat - PA 11a Fit Factory-PA 11a Functional Training/Chair - RSF 12p Beginner Line Dance - PA 12p Self Defense Class-RSF 1p Balance Training- RSF 1p Qi Gong for Life -PA 2p Ballroom Dance Beg. - PA 3p Ballroom dancing Inter- PA 4p - 6p Table Tennis (Open Play & Instruction) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 6p Evening Zumba-RSF	10a Zumba Gold Toning - RSF 10a Gentle Joints-Zumba Gold Toning - RSF 10a - 12p Open Aqua Fitness 11a Cardio Knockout- PA 11a Everybody Steps - RSF 12p Muscle Ignite - PA 12p Drums Alive - RSF 1p Zumba-PA 1p Joint Relief Aqua-RSF 1p Zumba - RSF	2p - 6:30p Water Volleyball (League Play) - RSF
20 9a - 1p Table Tennis - RSF 2p - 4p Water Volleyball (Open Play) - RSF 3:30p - 6:30p Water Volleyball (League Play)- RSF	21 8a Tabata H2O - RSF 8a Group Barbell-PA 8a Total Body Toning Exercise-RSF 8a Tabatha H2O -RSF 9a Splash and Tone-RSF 9a Athletic Conditioning - RSF 9a Breathe, Stretch, & Relax - PA 10a Zumba Step - PA 10a Power Hour-RSF 10a - 12p Open Aqua Fitness	22 8a Express Total Body Sculpt- RSF 8a Walk and Tone - RSF Walking Track 8a TRX Suspension Training - PA 9a Body Sculpt - PA 9a Body Sculpting - RSF 9a H2O Express - RSF 10a - 10:45a Centergy- RSF 10a Barre - RSF 10a - 1p Lap Swimming - RSF 10a Zumba Combo - PA	23 8a Body Sculpting- PA 8a Aqua Zumba - RSF 9a - 11:45a Open aqua fitness 9a Everybody Steps - PA 9a Breathe, Stretch, & Relax - RSF 10a Core and More - PA 10a Zumba Gold Toning - RSF 11a Balls and Bands- RSF 11a Beginning Balance Training - PA 12p Beginner's Yoga- PA	24 8a Total Body Conditioning - RSF 8a TRX Suspension Training - PA 8a Walk and Tone - RSF Walking Track 9a Breathe, Stretch, Relax- RSF 9a Breathe, Stretch, Relax- RSF 9a Boot Camp - PA 9a H2O Express - RSF 10a - 1p Lap Swimming - RSF	25 8a Body Sculpting 1- RSF 8a Yoga - PA 9a Energy City- PA 9a Splash & Tone - RSF 9a Yogabeat- RSF 10a Sit to Fit- PA 10a Zumba Gold Toning - RSF 10a Gentle Joints-Zumba Gold Toning - RSF 10a - 12p Open Aqua Fitness 11a Cardio Knockout- PA	26 8a Yoga Flow - RSF 9a Cardio Splash-RSF 9a Body Alive - PA 9a CIRCL Mobility - RSF 11a - 12p Qi Gong-PA 11a Tai Chi - RSF 2p - 6:30p Water Volleyball (League Play) - RSF

	11a Fit Factory- PA 11a Self Defense Class-RSF 12p Balls and Bands- PA 12p Drums Alive! Chair Exercise - RSF 12p Joint Relief (Aqua) - RSF 1p - 5p Lap Swimming - RSF 1p Zumba - PA 1p Zumba - RSF 2p - 3p Beginner Tai Chi- RSF 3p - 4p Intermediate Tai Chi- RSF 4p Yoga - PA 4:15p Gentle Chair Yoga - RSF 5:15p Fit Body Circuit- PA 5:30p - 8:30p Water Volleyball - RSF	11a Pilates - RSF 11a Low Impact Aerobics - PA 12p - 12:45p The Next Step Up in Lines- RSF 12p Cardio Ballroom - PA 12p Intermediate Line Dance - RSF 1p - 1:45p Movin' Up in Lines- RSF 1p Drums alive Powerbeats- PA 1p Advanced Line Dance - RSF 2p Qi Gong for Life- PA 2p Balance Training - RSF 3p - 5p Table Tennis (Open Play) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 4p Yoga Stretch & Mobility - PA 6p Evening Zumba-RSF	12p Belly Dancing- RSF 12p Joint Relief (Aqua) - RSF 1p Zumba- PA 1p - 5p Open Lap Swimming - RSF 1p Zumba - RSF 2p Fit Body Circuit - PA 3p Qi Gong-PA 5:30p - 8:30p Water Volleyball (League Play) - RSF	10a Yogabeat - PA 11a Fit Factory-PA 11a Functional Training/Chair - RSF 12p Beginner Line Dance - PA 12p Self Defense Class-RSF 1p Balance Training- RSF 1p Qi Gong for Life -PA 2p Ballroom Dance Beg. - PA 3p Ballroom dancing Inter- PA 4p - 6p Table Tennis (Open Play & Instruction) - RSF 4p - 8:30p Water Volleyball (League Play) - RSF 6p Evening Zumba-RSF	11a Everybody Steps - RSF 12p Muscle Ignite - PA 12p Drums Alive - RSF 1p Zumba-PA 1p Joint Relief Aqua-RSF 1p Zumba - RSF
27 9a - 1p Table Tennis - RSF 2p - 4p Water Volleyball (Open Play) - RSF 3:30p - 6:30p Water Volleyball (League Play)- RSF	28 8a Tabata H20 - RSF 8a Group Barbell-PA 8a Total Body Toning Exercise-RSF 8a Tabatha H20 -RSF 9a Splash and Tone-RSF 9a Athletic Conditioning - RSF 9a Breathe, Stretch, & Relax - PA 10a Zumba Step - PA 10a Power Hour-RSF 10a - 12p Open Aqua Fitness 11a Fit Factory- PA 11a Self Defense Class-RSF 12p Balls and Bands- PA 12p Drums Alive! Chair Exercise - RSF	29 8a Express Total Body Sculpt- RSF 8a Walk and Tone - RSF Walking Track 8a TRX Suspension Training - PA 9a Body Sculpt - PA 9a Body Sculpting - RSF 9a H20 Express - RSF 10a - 10:45a Centergy- RSF 10a Barre - RSF 10a - 1p Lap Swimming - RSF 10a Zumba Combo - PA 11a Pilates - RSF 11a Low Impact Aerobics - PA 12p - 12:45p The Next Step Up in Lines- RSF 12p Cardio Ballroom - PA	30 8a Body Sculpting- PA 8a Aqua Zumba - RSF 9a - 11:45a Open aqua fitness 9a Everybody Steps - PA 9a Breathe, Stretch, & Relax - RSF 10a Core and More - PA 10a Zumba Gold Toning - RSF 11a Balls and Bands- RSF 11a Beginning Balance Training - PA 12p Beginner's Yoga- PA 12p Belly Dancing- RSF 12p Joint Relief (Aqua) - RSF 1p Zumba- PA 1p - 5p Open Lap Swimming - RSF		

12p Joint Relief (Aqua) - RSF	12p Intermediate Line Dance - RSF	1p Zumba - RSF			
1p - 5p Lap Swimming - RSF	1p - 1:45p Movin' Up in Lines- RSF	2p Fit Body Circuit - PA			
1p Zumba - PA	1p Drums alive Powerbeats- PA	3p Qi Gong-PA			
1p Zumba - RSF	1p Advanced Line Dance - RSF	5:30p - 8:30p Water Volleyball (League Play) - RSF			
2p - 3p Beginner Tai Chi- RSF	2p Qi Gong for Life- PA				
3p - 4p Intermediate Tai Chi- RSF	2p Balance Training - RSF				
4p Yoga - PA	3p - 5p Table Tennis (Open Play) - RSF				
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