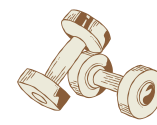


November 2025

INSPIRE Wellness



MONDAY

8:30am
aqua aerobics

10:30am
**balance -
advanced**

11:30am
sit n fit

1:30pm
mediation

3:30pm
**seated
volleyball**

TUESDAY

8:30am
strength circuit

9:30am
aqualax

10:30am
cardio drumming

11:30am
barre w Lisa

1:30pm
balance - all levels

3:30pm
aqua circuit

4:00pm
ping pong club

WEDNESDAY

8:30am
aqua aerobics

9:30am
core & agility

10:30am
**rhythm and
movement**

11:30am
sit n fit

1:30pm
PWR! Moves

3:30pm
**seated
volleyball**

THURSDAY

8:30am
strength circuit

9:30am
aqualax

10:30am
**balance -
advanced**

11:30am
**core & restore w
Lisa**

1:30pm
stretch flow

3:30pm
aqua circuit

4:00pm
courtyard club

FRIDAY

8:30am
aqua aerobics

9:30am
golf simulator

10:30am
**cardio
drumming**

11:30am
sit n fit

1:30pm
**balance - all
levels**

3:30pm
water walking

SATURDAY

10:30am
stretch & flex w Theda

SUNDAY

3:00pm
weight mates w Theda

Classes in blue are in the Pool
Classes in black are in the Studio
Clubs are in red and are resident led