



2026 FITNESS CLASS SCHEDULE AT BOWLINE POINT PARK

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
• <u>TAEKWONDO</u> 6:15PM-7:15PM STAGE • <u>ZUMBA</u> 7:15PM-8PM STAGE	• <u>TAI CHI</u> 8AM-9AM STAGE • <u>COUNTRY LINE DANCING</u> 5:45PM-6:30PM PAVILION • <u>ZUMBA</u> 6:30PM-7:15PM STAGE • <u>STRONG ZUMBA</u> 7:15PM-8PM STAGE	• <u>ZUMBA</u> 6PM-6:45PM STAGE • <u>YOGA</u> 6:45PM-7:30PM PAVILION	NO FITNESS CLASSES THURSDAY NIGHT CONCERT SERIES	NO FITNESS CLASSES
<u>SATURDAY</u>	<u>SUNDAY</u>			
<u>RESIDENT SENIOR AQUATIC AEROBICS</u> 10AM-11AM POOL	<u>RESIDENT SENIOR OPEN SWIM</u> 10AM-11AM POOL			

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FITNESS CLASSES ARE FROM JUNE 1 - AUGUST 26

**RESIDENT SENIOR AQUATIC CLASSES ARE FROM JUNE 27 - AUGUST 30

FITNESS CLASSES ARE FREE AND OPEN TO THE PUBLIC

CLASSES & LOCATION OF CLASSES ARE SUBJECT TO BE CHANGED/CANCELLED DUE TO WEATHER OR OTHER UNFORSEEN CIRCUMSTANCES

FOR SCHEDULING INFORMATION PLEASE JOIN "TOH SUMMER FITNESS CLASSES" ON FACEBOOK