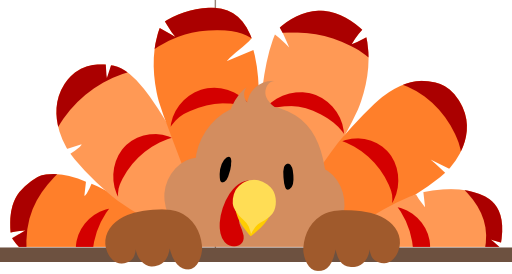
November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPIN @ 5:15am Mandy	Bootcamp/Blitz @ 5:15am Mandy	Water Aerobics "Gathering" @ 9am Herb	Full Body Strength @ 5:15am Mandy	Water Aerobics "Gathering" @ 9am Herb	**AGA** Jiu Jitsu @10am
Water Aerobics "Gathering" @ 9am Herb	Water Aerobics "Gathering" @ 9am Herb	Dance Fitness @10am Charice	Water Aerobics "Gathering" @ 9am Herb	Silver Sneakers @10:30am Rachael	Body Pump "Gathering" @6:00am Talisha
Joint Mobility @ 10am Dean	Joint Mobility @ 9am Dean	Silver Sneakers @10:30am Rachael	Joint Mobility @ 9am Dean		
Circuit Fitness Plus @ 12:15pm Sandra	Silver Sneakers Yoga @10:30am Rachael	Sculpt & Tone @ 12:15pm Sandra	Water Aerobics "Gathering" @ 5:30pm Tony		
Water Aerobics "Gathering" @ 5:30pm Tony	Relax, Stretch & Restore @ 12:15pm Sandra		** Youth AGA** Jiu Jitsu @6pm		
	Water Aerobics "Gathering" @ 5:30pm Tony		** Adult AGA** Jiu Jitsu @7pm		
	** Youth AGA** Jiu Jitsu @6pm				
	** Adult AGA** Jiu Jitsu @7pm				



Cardio/Strengthening
Water Aerobics
Cardio
Mobility/Flexibility/Balance
Additional Cost

Pool Information
Pool Hours: (INDOOR)
Mon.- Fri. 5:00am-9:30pm
Sat. 5:00am-4:45pm
Sun. 1:00pm-4:45pm
Closed during class hours.

Hours of Operation
Sunday: 1PM to 5PM
Monday-Friday: 5AM to 10PM
Saturday: 5AM to 5 PM

@prohealth24_7
ProHealth24

+Gathering signifies non-certified personal trainer leading exercises

Class Descriptions

Relax, Stretch & Restore:
Sandra King – Calming class designed to help your body unwind and reset. Through gentle stretching, deep breathing, and mindful movement, you'll release tension, improve flexibility, and support recovery after workouts or long days. Perfect for all fitness levels, this class leaves you feeling relaxed, refreshed, and restored—ready to move better and feel your best.

BootCamp:
Cameron Taylor –Start your day strong with a high-energy, full-body boot camp designed to build strength, improve endurance, and boost overall fitness. This coach-led class combines strength training and cardio in a structured, fast-paced format, with options for all fitness levels.

Circuit Fitness Plus:
Sandra King - Combining cardio from box step ups to stairs, and sprints combined with body sculpting. From free weights, body bars, medicine balls, and your own body weight. A great challenge to bring your body to your full potential.

Joint Mobility:
Dean Carpenter – Moves the joints through their full range of motion; feeding, washing and lubricating the joint. This class is known to restore health and lost function to the joints and connective tissue of the body.

Dance Fitness:
Charice Bender – This class involves easy to-learn steps providing both physical and mental exercise. Dancing improves balance, boosts energy levels and reduces the risk of many illnesses including but not limited to dementia, high blood pressure, and diabetes.

Sculpt and Tone:
Sandra King – This is a 45-minute, lunch time workout to give your body a great metabolism boost. This strength building class uses a variety of equipment to bring definition to every muscle group. The Sculpt & Tone workouts will leave your entire body looking FIT and FABULOUS!

SilverSneakers Classic:
Rachael Williams – A chair-assisted class where we use hand weights, resistance bands, and a soft hand held ball to mimic our daily activities to enhance our range of movement, flexibility, balance and coordination! The Silver Sneakers program is a fitness, friends, and fun program designed to nurture your physical fitness as well as your social wellbeing.

SilverSneakers Yoga:
Rachael Williams – You'll be guided through a series of seated and standing yoga poses designed to increase flexibility, balance, and range of motion. It makes a great complement to an active lifestyle, or as a way to gently ease into movement.

SPIN:
Mandy Martin– Hop on board for a 45-60 minute high energy bike ride set to upbeat music, and prepare for a mega sweat-sesh! You'll get a high calorie burn while improving your cardiovascular fitness and muscular endurance. Suitable for all abilities.

Water Aerobics Gathering:
Herbert Inman and Tony Reynolds – This is a water fitness gathering. We stretch, we walk and we work on building strength. We use the water dumbbells and use the water for resistance. The class is designed to help the participants gain strength, flexibility, and stamina.

****AGA Jiu Jitsu: Classes are offered by Appalachian Grapplers Association. Contact them at appgrapplers.com, appgrapassoc@gmail.com*

