

# Leisure Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Indian Dance and Music (Various) Tennis (Various) Kayak and Paddleboard Classes (call for schedule)</p> <p><u>*call for specific dates for:</u></p> <p>Dog Training*</p> <p>Camps*</p> <p>Special Events*</p> <p>Soccer Shots*</p> <p>Camp Gladiator (various) Camp Gladiator (various) Camp Gladiator (various)</p>	<p>Gentle Yoga (8:10 a.m.) Bridge (9:00 a.m.) Inspired Fitness (9:30 a.m.) Yoga (11:00 a.m.) Tap Dance (12:30 p.m.) Spanish Dance (1:45 p.m.) Young Rembrandts Art (5:30 p.m.) Strong and Fit (5:45 p.m.) Inspired Fitness (6:00 p.m.) Core and More (6:45 p.m.) Strong by Zumba (7:40 p.m.) Tinkergarten (seasonal) Tennis(various)</p>	<p>Strong and Fit (8:30 a.m.) Bridge (9:00 a.m.) Line Dance 5 (9:45 a.m.) Qi Gong (2:00 p.m.) Tae Kwon Do (5:00 p.m.) Yoga (5:45 p.m.) Functional Balance Training (6:40 p.m.) Zumba (7 p.m.) Tai Chi (7:15 p.m.) Tennis (various)</p>	<p>Yoga (9:00 a.m.) Inspired Fitness (9:30 a.m.) Senior Hula (1:00 p.m.) Line Dance (3:00 p.m.) Tai Chi (3:00 p.m.) Family Yoga (5:00 p.m.) Strong and Fit (5:45 p.m.) Core and More (6:45 p.m.) Yoga (7:00 p.m.) Tinkergarten (seasonal) Tennis(various)</p>	<p>Strong and Fit (8:30 a.m.) Yoga (9:00 a.m.) Let's Groove (10:00 a.m.) Line Dance (11:00 a.m.) Qi Gong (2:00 p.m.) Tae Kwon Do (5:00 p.m.) Yoga (5:45 p.m.) Functional Balance Training (6:40 p.m.) Custom Core Pilates (7:00 p.m.) Tennis (various)</p>	<p>Inspired Fitness (9:30 a.m.) Tai Chi (3:00 p.m.) Tae Kwon Do (5:00 p.m.) Zumba (6:00 p.m.) Tennis(various)</p>	<p>Badminton Lessons (various) Yoga (8:45 a.m.) Inspired Fitness (9:00 a.m.) Tai Chi (9:00 a.m.) Custom Core Pilates (10:00 a.m.) Zumba (Noon) Kayak and Paddleboard Classes (call for schedule) Judo (2:00 p.m.) Indian Dance (5:30 p.m.) Tinkergarten (seasonal) Tennis(various)</p>

IPRC

First Colony Community Center

City Park

Eldridge Park

Memorial Park

IPRC Senior Only

Lost Creek/Oyster Creek