

SUN CITY MESQUITE WEEKLY FITNESS CLASSES

Pioneer Center

2023 Schedule

Dance Fitness & Water Aerobics \$3.00 per class

Dance Fitness & Water Aerobics Package 20 visits \$50.00

Reservations Required – Call Front Desk 702-346-6006

No reservation required:

Pilates \$3.00 per class (pay instructor)

Yoga \$5.00 per class (pay instructor)

Tai Chi ~ no charge

MONDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
	Tai Chi.....	6:30 – 7:30 pm
TUESDAY:	Yoga	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
WEDNESDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
	Chair Yoga.....	11:00 – 11:45 am
THURSDAY:	Yoga	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
	Tai Chi.....	6:30 – 7:30 pm
FRIDAY:	Dance Fitness.....	8:00 – 8:45 am
	Pilates.....	9:00 – 9:45 am
	Water Aerobics.....	10:00 – 10:45 am
SATURDAY:	Yoga.....	9:00 – 9:45 am

Open Swim

No reservation is required.

11:00 am to 5:00 pm weekdays.

11:00 am to 5:00 pm weekends.

Lap Swim

Reservation is required.

Limit of 5 persons per hour.

Time slots are:

6, 7, 8, 9 & 10:00 am; 5, 6 & 7:00 pm Monday - Friday.

7, 8, 9 & 10:00 am & 5, 6, 7:00 pm Saturday.

8, 9 & 10:00 am & 5, 6, 7:00 pm Sunday.

Subject to cancellations