



## WEEKLY PROGRAMMING CALENDAR 2025

For a complete schedule and registration information,  
 visit [twmc.org/recreation](http://twmc.org/recreation)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 a.m.						<b>Jazzercise*</b> Recreation Gym	
8:00 a.m.	<b>Jazzercise PT*</b> Rec Activity Room 2 <b>Jazzercise*</b> Recreation Gym	<b>Jazzercise*</b> Recreation Gym	<b>Jazzercise PT*</b> Rec Activity Room 2 <b>Jazzercise*</b> Recreation Gym <b>Tai Chi</b> Rec Activity Room 1 and 2	<b>Jazzercise*</b> Recreation Gym	<b>Jazzercise PT*</b> Rec Activity Room 2 <b>Jazzercise*</b> Recreation Gym <b>Tai Chi</b> Rec Activity Room 1 and 2		
8:30 a.m.						<b>Jazzercise*</b> Recreation Gym	
9:00 a.m.	<b>Jazzercise*</b> Recreation Gym <b>Fit for Life</b> Hayes Hall	<b>Jazzercise*</b> Recreation Gym <b>Fit for Life</b> Aldersgate Hall	<b>Jazzercise*</b> Recreation Gym <b>Fit for Life</b> Aldersgate Hall	<b>Jazzercise*</b> Recreation Gym <b>Fit for Life</b> Aldersgate Hall	<b>Jazzercise*</b> Recreation Gym <b>Fit for Life</b> Aldersgate Hall		
9:30 a.m.	<b>CORE*</b> FIIT Rec Patio	<b>CORE*</b> Rec Activity Room 1	<b>CORE*</b> FIIT Rec Patio	<b>CORE*</b> Rec Activity Room 1			
10:30 a.m.	<b>Pickleball</b> Recreation Gym	<b>Pickleball</b> Recreation Gym	<b>Pickleball</b> Recreation Gym	<b>Pickleball</b> Recreation Gym	<b>Chair Volleyball</b> Recreation Gym		
11:30 a.m.			<b>Moving in Faith</b> Rec Activity Room 1				
4:30 p.m.							<b>Jazzercise*</b> Activity Room 1
5:45 p.m.		<b>Moving in Faith</b> Rec Activity Room 2					
6:15 p.m.	<b>Jazzercise*</b> Activity Room 1	<b>Jazzercise*</b> Activity Room 1		<b>Jazzercise*</b> Activity Room 1			

\* Class has fee associated. Please contact instructor for more information or visit [twmc.org/fitness](http://twmc.org/fitness)