



WEEKLY PROGRAMMING CALENDAR 2024

For a complete schedule and registration information, visit twmc.org/recreation

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

* Class has fee associated. Please contact instructor for more information or visit twmc.org/fitness