

# Foxdale Weekly Land Schedule 2025

Updated: May 8, 2025m

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Building Functional Strength &amp; Balance</b> 7:30am-8:15am	<b>Building CORE Strength &amp; Flexibility</b> 8:15am-9:00am	<b>Building Functional Strength &amp; Balance</b> 7:30am-8:15am	<b>Sunrise Walk</b> 7:30am-8:00am	<b>Building Functional Strength &amp; Balance</b> 7:30am-8:15am
<b>Building Functional Strength &amp; Balance</b> 8:30am-9:15am		<b>Building Functional Strength &amp; Balance</b> 8:30am-9:15am	<b>Building CORE Strength &amp; Flexibility</b> 8:15am-9:00am	<b>Building Functional Strength &amp; Balance</b> 8:30am-9:15am
	<b>PACE</b> 9:15am-10:00am		<b>PACE</b> 9:15am-10:00am	
<b>Anthony House North/East</b> 10:15am-11:00am <b>Central</b> 10:45am-11:30am	<b>Darlington House</b> 10:30am-11:15am		<b>Darlington House</b> 10:30am-11:15am	<b>Anthony House North/East</b> 10:15am-11:00am <b>Central</b> 10:45am-11:30am
	<b>Parkinson MOVE</b> 1:00pm-1:45pm			<b>Beginner Functional Strength</b> 1:30pm-2:15pm

<b>Beginner Functional Strength</b> 3:00pm-3:45pm	<b>Yoga</b> 3:00pm-3:45pm	<b>Beginner Functional Strength</b> 3:00pm-3:45pm	<b>Music with Myah</b> 3:00pm-3:45pm	
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Foxdale Weekly Pool Schedule 2025

Updated: May 28th, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Anthony House Swim</b> 8:30am-11:30am			<b>Open Swim</b> 9am-10:00am
<b>Open Swim</b> 12:30pm-1:05pm	<b>Open Swim</b> 12:30pm-1:05pm		<b>Open Swim</b> 12:30pm-1:05pm	<b>Open Swim</b> 12:30pm-1:05pm	<b>Water Volleyball</b> 10:00am-11:00am
<b>Water Volleyball</b> 1:15pm-2:00pm	<b>Water Volleyball</b> 1:15pm-2:00pm	<b>AH/DH Swim</b> 1:30pm-4:00pm	<b>Water Volleyball</b> 1:15pm-2:00pm	<b>Water Volleyball</b> 1:15pm-2:00pm	<b>Family &amp; Staff Open Swim</b> 11:00am-12:30pm

<b>Low Intensity Walking</b> 2:15pm-3:00pm	<b>High Intensity Water</b> 2:15pm-3:00pm		<b>High Intensity Water</b> 2:15pm-3:00pm	<b>Low Intensity Walking</b> 2:15pm-3:00pm	
<b>Open Swim</b> 3:00pm-4:00pm	<b>Open Swim</b> 3:00pm-4:00pm	<b>Open Swim</b> 3:00pm-4:00pm	<b>Open Swim</b> 3:00pm-4:00pm	<b>Open Swim</b> 3:00pm-4:00pm	