



Community Center Fitness Classes

5151 N Colony Blvd. The Colony, TX 75056

972-624-2246

AFEP Exercise

9:15 - 10:00am

M-W-F

Arthritis Foundation Exercise Program is designed to help with Arthritis, Range of Motion and Balance. This class can be done from a chair.

Walk Strong (Video Instructor)

10:00 – 10:45am

M-W-F

Chair Volleyball

10:45 - 11:45am

M-W-F

Line Dance

Beginner Class

10:00 - 11:30am

Monday

Intermediate Class

1:00 - 2:30pm

Thursday

Advanced Class

10:00 – 11:30am

Friday

Chair Yoga (Video Instructor)

12:00 – 12:45pm

Tuesday

Tai Chi for Arthritis:

Beginner Class

12:30 – 1:15pm

Mon & Wed

Intermediate Class

1:00 – 2:00pm

Mon & Wed

Video Instructor

1:00 – 2:00pm

Fridays

Designed especially for those with Arthritis, this Tai Chi is slow, gentle movements geared toward improving movement and balance. Any member wishing to improve range of motion and/or balance is welcome to attend.

Fitness Center:

Located inside the Recreation Center, the Fitness Center is now free to all Community Center Members.

Hours: Monday – Friday

6:30am – 9:00pm

Saturday

8:30am – 6:00pm

Sunday

CLOSED