

A SEPTEMBER 2021 FITNESS & ACTIVITIES



MONDAYS

Billiards 7:30-6pm
 Cards/Puzzles 7:30-6pm
 Computer Lab 7:30-6pm
 Walking-Gym 7:30-9:00am
 Senior Fit
 8:00 - 8:45 a.m. **Irene**
 Stretch and Flex
 9:00 - 9:45 a.m. **Irene**
 Pickleball
 9:00 - 3:00 p.m.
 Tai Chi
 10:00-11:00 a.m. **Russ**
 Body Sculpting
 10:30 - 11:15 a.m. **Gerry**
 Rhythm & Movement
 (Line Dancing)
 11:30-12:15 p.m. **Gerry**
 Body Sculpting
 4:30 - 5:15 p.m. **Irene**
 Yoga
 5:15 - 6:00 p.m. **Irene**
 Stability Ball Training
 5:30 - 6:00 p.m. **Elena**



TUESDAYS

Billiards 7:30-6pm
 Cards/Puzzles 7:30-6pm
 Computer Lab 7:30-6pm
 Walking-Gym 7:30-9:00am
 Senior Fit
 8:00 - 8:45 a.m. **Irene**
 Pickleball
 9:00 - 3:00 p.m.
 Pickleball - BEGINNERS
 9:00 - Noon (Relax Court)
 Beginner Pickleball Clinic
***1ST TUESDAY OF EACH MONTH AT 9:00AM**
 Cardio Fit/ Step
 9:00 - 9:45 a.m. **Irene**
 Silver & Fit Excel
 10:30 - 11:15 a.m. **Gerry**
Ceramics Class
 10:30 - 11:30 a.m. **Sharon**
***(NO CLASS FOR SEPT.)**
 Line Dancing
 10:30- Noon **Perrin/Karen**
 Stretch & Balance
 11:30-12:15 p.m. **Gerry**
 Stability Ball Training
 5:30 - 6:00 p.m. **Elena**



WEDNESDAYS

Billiards 7:30-6pm
 Cards/Puzzles 7:30-6pm
 Computer Lab 7:30-6pm
 Walking-Gym 7:30-9:00am
 Senior Fit
 8:00 - 8:45 a.m. **Irene**
 Stretch and Flex
 9:00 - 9:45 a.m. **Irene**
 Pickleball
 9:00 - 3:00 p.m.
 Tai Chi
 10:00-11:00 a.m. **Russ**
 Body Sculpting
 10:30 - 11:15 a.m. **Gerry**
 Rhythm & Movement
 (Line Dancing)
 11:30-12:15 p.m. **Gerry**
 Body Sculpting
 4:30 - 5:15 p.m. **Irene**
 Yoga
 5:15 - 6:00p.m. **Irene**
 Stability Ball Training
 5:30 - 6:00 p.m. **Elena**



THURSDAYS

Billiards 7:30-6pm
 Cards/Puzzles 7:30-6pm
 Computer Lab 7:30-6pm
 Walking-Gym 7:30-9:00am
 Senior Fit
 8:00 - 8:45 a.m. **Irene**
 Pickleball
 9:00 - 3:00 p.m.
 Pickleball - BEGINNERS
 9:00 - Noon (Relax Court)
 Cardio Fit/Step
 9:00 - 9:45 a.m. **Irene**
 Silver & Fit Excel
 10:30 - 11:15 a.m. **Gerry**
 Stretch & Balance
 11:30-12:15 p.m. **Gerry**
 Bingo 1:00 - 3:00 p.m.
 Stability Ball Training
 5:30 - 6:00 p.m. **Elena**



WE WILL BE CLOSED ON LABOR DAY

FRIDAYS

Billiards 7:30-Noon
 Cards/Puzzles 7:30-Noon
 Computer Lab 7:30-Noon
 Walking-Gym 7:30-9:00am
 Senior Fit
 8:00 - 8:45 a.m. **Irene**
 Yoga
 9:00-10:00 a.m. **Irene**
 Pickleball
 9:00 - Noon
 Acrylic Art Class
 9:00 - Noon p.m. **Marsh**
 Tai Chi
 10:00 - 11:00 a.m. **Russ**
 Line Dancing
 10:30- Noon **Perrin/Karen**

CLOSED SATURDAYS!

