



AUGUST 2022 FITNESS & ACTIVITIES



MONDAYS

Walking-Gym 7:00-9:00am
4:00-6:00pm

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 4:00 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

Walking-Gym 7:00-9:00am
4:00pm-6:00pm

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 -10:15 a.m.
11:30-4:00 p.m.

Cardio Fit/ Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
10:30 - 11:15 a.m. **Gerry**
(Held in Gymnasium)

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

Walking-Gym 7:00-9:00am
4:00pm-6:00pm

Senior Fit
8:00 - 8:45 a.m. **Irene**

Stretch and Flex
9:00 - 9:45 a.m. **Irene**

Pickleball
9:00 - 4:00 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**

Beginner Pickleball Clinic
***1ST WEDNESDAY OF
EACH MONTH
12:30-4:00 PM**

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

Walking-Gym 7:00-9:00am
4:00pm-6:00pm

Senior Fit
8:00 - 8:45 a.m. **Irene**

Pickleball
9:00 - 4:00 p.m.

Cardio Fit/Step
9:00 - 9:45 a.m. **Irene**

Silver & Fit Excel
10:30 - 11:15 a.m. **Gerry**
(Held in Auditorium)

Stretch & Balance
11:30-12:15 p.m. **Gerry**
(Held in Auditorium)

Stability Ball Training
5:30 - 6:00 p.m. **Elena**

**Dauphin Street
Café is Open!
M-F
11:00 A.M. - 1:00 P.M.**



FRIDAYS

Walking-Gym 7:00-9:00am

Senior Fit
8:00 - 8:45 a.m. **Irene**

Yoga
9:00-10:00 a.m. **Irene**

Pickleball
9:00 - 1:00 p.m.

Tai Chi
10:00 - 11:00 a.m. **Russ**

Intermediate Line Dancing
9:30 - 10:30 a.m. **Linda**

Line Dancing
10:30- Noon **Perrin/Karen**

**NEW CENTER
HOURS
MON-THURS
7:00 A.M. - 6:00 P.M.
FRI
7:00 A.M. - 1:00 P.M.**