



SEPTEMBER 2023 FITNESS



<u>MONDAYS</u>	<u>TUESDAYS</u>	<u>WEDNESDAYS</u>	<u>THURSDAYS</u>	<u>FRIDAYS</u>
Walking-Gym 7:00-8:15am	Walking-Gym 7:00-8:15am	Walking-Gym 7:00-8:15am	Walking-Gym 7:00-8:15am	Walking-Gym 7:00-8:15am
Senior Fit 8:15 - 9:00 a.m. Irene	Senior Fit 8:15 - 9:00 a.m. Irene	Senior Fit 8:15 - 9:00 a.m. Irene	Senior Fit 8:15 - 9:00 a.m. Irene	Senior Fit 8:15 - 9:00 a.m. Irene
Stretch and Flex 9:00 - 9:45 a.m. Irene	Pickleball 8:15 -10:15 a.m. 12:15 - 4:00 p.m.	Stretch and Flex 9:00 - 9:45 a.m. Irene	Pickleball 8:15-10:15 a.m. 12:15 - 4:00 p.m.	Yoga 9:00 -10:00 a.m. Irene
Pickleball 8:15 a.m. - 4:00 p.m.	Cardio Fit/ Step 9:00 - 9:45 a.m. Irene	Pickleball 8:15 a.m. - 4:00 p.m.	Cardio Fit/Step 9:00 - 9:45 a.m. Irene	Pickleball 8:15 a.m. - 1:00 p.m.
Tai Chi 10:00 - 11:00 a.m. Russ	SilverSneakers Classic 10:00-10:45 a.m. Irene	Tai Chi 10:00 - 11:00 a.m. Russ	SilverSneakers Classic 10:00-10:45 a.m. Irene	Tai Chi 10:00 - 11:00 a.m. Russ
Body Sculpting 10:30 - 11:15 a.m. Gerry	Silver & Fit Excel 10:30 - 11:15 a.m. Gerry (Held in Gymnasium)	Body Sculpting 10:30 - 11:15 a.m. Gerry	Silver & Fit Excel 10:30 - 11:15 a.m. Gerry (Held in Gymnasium)	Intermediate Line Dancing 9:30 - 10:30 a.m. Linda
Rhythm & Movement (Line Dancing) 11:30 -12:15 p.m. Gerry (Held In Auditorium)	Line Dancing 10:30 - Noon Perrin/Karen	Rhythm & Movement (Line Dancing) 11:30 - 12:15 p.m. Gerry (Held In Auditorium)	Stretch & Balance 11:15 a.m. - 12:00 p.m. Gerry (Held in Gymnasium)	Line Dancing 10:30 - Noon Perrin/Karen
Body Sculpting 4:30 - 5:15 p.m. Irene	Stretch & Balance 11:15 a.m. - 12:00 p.m. Gerry (Held in Gymnasium)	Beginner Pickleball Clinic *1ST WEDNESDAY OF EACH MONTH 12:30-2:30 PM (Beginners Only)	Stability Ball Training 5:30 - 6:00 p.m. Elena	SATURDAYS Pickleball 8:00a.m. - 12:00p.m.
Yoga 5:15 - 6:00 p.m. Irene	Stability Ball Training 5:30 - 6:00 p.m. Elena	Body Sculpting 4:30 - 5:15 p.m. Irene	<u>CENTER HOURS</u> MON-THURS 7:00 A.M. - 6:00 P.M. FRI 7:00 A.M. - 1:00 P.M. SAT 8:00A.M.—12:00P.M.	Fitness Room 8:00a.m. - 12:00p.m.
Stability Ball Training 5:30 - 6:00 p.m. Elena		Yoga 5:15 - 6:00p.m. Irene		Billiards 8:00a.m. - 12:00p.m.
Via Health, Fitness & Enrichment Center 1717 Dauphin Street Mobile, Al 36604 251-478-3311	WWW.VIAMOBILE.ORG	Stability Ball Training 5:30 - 6:00 p.m. Elena		VIA CLOSED SEPTEMBER 2ND, 4TH & 16TH