



APRIL 2024 FITNESS



MONDAYS

Walking-Gym 7:00-8:15am
4:00pm-6:00pm (if available,
check with the Welcome
Desk)

Senior Fit
8:15 - 9:00 a.m. **Irene**

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

Pickleball
8:15 a.m. - 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) A
11:30 -12:15 p.m. **Gerry**
(Held In Auditorium)

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**

**Via Health, Fitness &
Enrichment Center
1717 Dauphin Street
Mobile, Al 36604
251-478-3311**

TUESDAYS

Walking-Gym 7:00-8:15am
5:00pm-6:00pm (if available,
check with the Welcome
Desk)

Senior Fit
8:15 - 9:00 a.m. **Irene**

Pickleball
8:15 -10:15 a.m.
12:15 - 4:00 p.m.

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

SilverSneakers Classic
10:00-10:45 a.m. **Irene**

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

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

Stretch & Balance
11:15 a.m. - 12:00 p.m. **Gerry**
(Held in Gymnasium)

Cardio Blast
4:00 - 4:45 p.m. **Gerry**

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

WWW.VIAMOBILE.ORG

WEDNESDAYS

Walking-Gym 7:00-8:15am
4:00pm-6:00pm (if available,
check with the Welcome
Desk)

Senior Fit
8:15 - 9:00 a.m. **Irene**

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

Pickleball
8:15 a.m. - 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
12:30-2:30 PM**

Body Sculpting
4:30 - 5:15 p.m. **Irene**
**(1st & 3rd Wednesday
Circuit Training)**

Yoga
5:15 - 6:00p.m. **Irene**

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

THURSDAYS

Walking-Gym 7:00-8:15am
5:00pm-6:00pm (if available,
check with the Welcome
Desk)

Senior Fit
8:15 - 9:00 a.m. **Irene**

Pickleball
8:15-10:15 a.m.
12:15 - 4:00 p.m.

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

SilverSneakers Classic
10:00-10:45 a.m. **Irene**

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

Stretch & Balance
11:15 a.m. - 12:00 p.m.
Gerry
(Held in Gymnasium)

Cardio Blast
4:00 - 4:45 p.m. **Gerry**

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

**CENTER HOURS
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.**

FRIDAYS

Walking-Gym 7:00-8:15am

Senior Fit
8:15 - 9:00 a.m. **Irene**

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

Pickleball
8:15 a.m. - 1:00 p.m.

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

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

SATURDAYS

Pickleball
8:00a.m. - 12:00p.m.

Fitness Room
8:00a.m. - 12:00p.m.

Billiards
8:00a.m. - 12:00p.m.