

OCTOBER 2024 FITNESS



MONDAYS TUESDAYS WEDNESDAYS THURSDAYS FRIDAYS Walking-Gvm 7:00-8:15am Walking-Gvm 7:00-8:15am Walking-Gym 7:00-8:15am Walking-Gym 7:00-8:15am Walking-Gym 7:00-8:15am 4:00pm-6:00pm (if availa-5:00pm-6:00pm (if available, 4:00pm-6:00pm (if available, 5:00pm-6:00pm (if available, ble. check with the Welcheck with the Welcome check with the Welcome check with the Welcome come Desk) Desk) Desk) Desk) **Senior Fit** 8:15 - 9:00 a.m. Irene Senior Fit Senior Fit Senior Fit Senior Fit 8:15 - 9:00 a.m. Irene Yoga 9:00 -10:00 a.m. Irene Stretch and Flex Pickleball Stretch and Flex **Pickleball** 9:00 - 9:45 a.m. Irene 8:15 -10:15 a.m. 9:00 - 9:45 a.m. Irene 8:15-10:15 a.m. 12:30 - 4:00 p.m. 12:30 - 4:00 p.m. Pickleball 8:15 a.m. - 1:00 p.m. Pickleball Pickleball 8:15 - 10:15 a.m. 8:15.- 10:15 a.m. Cardio Fit/ Step **Cardio Fit/Step** 12:30 - 4:00 p.m. 9:00 - 9:45 a.m. Irene 12:30 - 4:00 p.m. 9:00 - 9:45 a.m. Irene Tai Chi 10:00 - 11:00 a.m. Russ **Beginner Pickleball Clinic** Tai Chi SilverSneakers Classic *1ST WEDNESDAY OF EACH SilverSneakers Classic 10:00 - 11:00 a.m. Russ 10:00-10:45 a.m. Irene MONTH 10:00-10:45 a.m. Irene **Line Dancing** 12:30-2:30 PM 10:30 - Noon Perrin **Body Sculpting** Silver & Fit Excel Tai Chi Silver & Fit Excel 10:30 - 11:15 a.m. Gerry 10:30 - 11:15 a.m. Gerry 10:00 - 11:00 a.m. Russ 10:30 - 11:15 a.m. Gerry (Held In Gymnasium) (Held in Gymnasium) (Held in Gymnasium) **Body Sculpting Rhythm & Movement** Line Dancing 10:30 - 11:15 a.m. Gerry **Stretch & Balance** (Line Dancing) A 10:30 - Noon Perrin (Held In Gymnasium) 11:15 a.m. - 12:00 p.m. SATURDAYS 11:30 -12:15 p.m. Gerry (Held In Gymnasium) **Rhythm & Movement** (Held in Gymnasium) Stretch & Balance (Line Dancing) 11:15 a.m. - 12:00 p.m. Gerry Pickleball 11:30 - 12:15 p.m. Gerry (Held in Gymnasium) **Body Sculpting** (Held In Gymnasium) **Stability Ball Training** 8:00a.m. - 12:00p.m. 4:30 - 5:15 p.m. Irene 5:30 - 6:00 p.m. Elena **Fitness Room** Stability Ball Training **Body Sculpting** 8:00a.m. - 12:00p.m. 5:15 - 6:00 p.m. Irene 5:30 - 6:00 p.m. Elena 4:30 – 5:15 p.m. Irene **CENTER HOURS** (1st & 3rd Wednesday **Billiards Circuit Training**) **MON-THURS**

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

Yoga

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

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

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Stability Ball Training 5:30 - 6:00 p.m. Elena 8:00a.m. - 12:00p.m.

7:00 A.M. - 6:00 P.M.

FRI

7:00 A.M. - 1:00 P.M.

SAT

8:00A.M.-12:00P.M.

GYMNASIUM CLOSED SAT. OCT 12TH