



# DECEMBER 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- 10:15 a.m.  
12:30 - 4:00 p.m.

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

Body Sculpting  
10:30 - 11:15 a.m. Gerry  
(Held In Gymnasium)

Rhythm & Movement  
(Line Dancing) A  
11:30 -12:15 p.m. Gerry  
(Held In Gymnasium)

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 7:00-8:15am  
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.  
12:30 - 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)

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

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

## 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 - 10:15 a.m.  
12:30 - 4:00 p.m.

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

Body Sculpting  
10:30 - 11:15 a.m. Gerry  
(Held In Gymnasium)

Rhythm & Movement  
(Line Dancing)  
11:30 - 12:15 p.m. Gerry  
(Held In Gymnasium)

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

[WWW.VIAMOBILE.ORG](http://WWW.VIAMOBILE.ORG)

## 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.  
12:30 - 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)

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.

**Beginner Pickleball Clinic**  
**1ST FRIDAY OF EACH MONTH**  
**11:30 a.m.—1:30 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.  
**GYMNASIUM CLOSED**  
**Sat. Dec. 14th**

**VIA CLOSED**  
**Dec. 24th & 25th**  
**Dec. 31st & Jan.1st**