

FEBRUARY 2025 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 5:00pm-6:00pm (if available, 4:00pm-6:00pm (if availa-4:00pm-6:00pm (if available, 5:00pm-6:00pm (if available, check with the Welcome check with the Welcome ble. check with the Welcheck 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 Stretch and Flex Pickleball 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 SilverSneakers Classic 8:15 a.m. – 1:00 p.m. 10:00-10:45 a.m. Irene Pickleball Cardio Fit/ Step 8:15 - 10:15 a.m. **Cardio Fit/Step Beginner Pickleball Clinic** 9:00 - 9:45 a.m. Irene 12:30 - 4:00 p.m. 9:00 - 9:45 a.m. Irene **1ST FRIDAY OF EACH MONTH** Pickleball 11:30 a.m.—1:30 p.m. 8:15.- 10:15 a.m. 12:30 - 4:00 p.m. SilverSneakers Classic Tai Chi SilverSneakers Classic 10:00-10:45 a.m. Irene 10:00 - 11:00 a.m. Russ 10:00-10:45 a.m. Irene Tai Chi Tai Chi 10:00 - 11:00 a.m. Russ 10:00 - 11:00 a.m. Russ Silver & Fit Excel **Body Sculpting** Silver & Fit Excel 10:30 - 11:15 a.m. Gerry 10:30 - 11:15 a.m. Gerry 10:30 - 11:15 a.m. Gerry (Held In Gymnasium) (Held in Gymnasium) (Held in Gymnasium) Line Dancing Intermediate **Body Sculpting** 10:30 - 11:15 a.m. Gerry 10:30 - Noon Perrin **Rhythm & Movement** (Held In Gymnasium) Line Dancing Intermediate (Line Dancing) **Stretch & Balance** 10:30 - Noon Perrin 11:30 - 12:15 p.m. Gerry 11:15 a.m. - 12:00 p.m. (Held In Gymnasium) SATURDAYS **Rhythm & Movement** (Held in Gymnasium) (Line Dancing) A Stretch & Balance Pickleball 11:30 -12:15 p.m. Gerry 11:15 a.m. - 12:00 p.m. Gerry **Body Sculpting Cardio Blast** (Held in Gymnasium) 4:30 – 5:15 p.m. Irene (Held In Gymnasium) 8:00a.m. - 12:00p.m. 4:00- 4:45p.m. Gerry (1st & 3rd Wednesday **Beginning 2/27** Cardio Blast **Circuit Training**) **Fitness Room Body Sculpting** 4:00- 4:45p.m. Gerry Stability Ball Training **Beginning 2/25** 4:30 - 5:15 p.m. Irene Yoga 8:00a.m. - 12:00p.m. 5:30 - 6:00 p.m. Elena 5:15 - 6:00p.m. Irene Stability Ball Training Billiards 5:30 – 6:00 p.m. Elena Yoga **CENTER HOURS** 5:15 - 6:00 p.m. Irene **Stability Ball Training** 8:00a.m. - 12:00p.m. **MON-THURS** 5:30 - 6:00 p.m. Elena 7:00 A.M. - 6:00 P.M. Via Health, Fitness & FRI **Enrichment Center Stability Ball Training** WWW.VIAMOBILE.ORG 7:00 A.M. - 1:00 P.M. 5:30 - 6:00 p.m. Elena **1717 Dauphin Street** SAT

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

Mobile, AI 36604

251-478-3311