



# APRIL 2025 FITNESS



## MONDAYS

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

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

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

**SilverSneakers Classic  
10:00-10:45 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 Intermediate  
10:30 – Noon Perrin**

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

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

**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**

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## 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)**

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

**Beginner Pickleball Clinic  
1ST FRIDAY OF EACH MONTH  
11:30 a.m.—1:00 p.m.**

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

**Line Dancing Intermediate  
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.**

**VIA CLOSED  
APRIL 18TH-20TH**