SEPTEMBER 2026 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

SilverSneakers Chair
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

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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 Chair
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
4:00pm-4:45pm 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

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

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

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 Chair
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
4:00pm-4:45pm Gerry

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

Café Closed Fri. Sept 4th for Labor Day Cookout

Via Closed Mon. Sept. 7th for Labor Day

Gymnasium Closed Sat. Sept. 12th for Pickleball Tournament

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 the 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.