

June 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| | | | | 1 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p | 2 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo Size, 11:30a-12:30p | 3 Pickleball, 7:00a-7:00p |
| 4 Pickleball, 12:00p-6:00p LL Gym | 5 Table Tennis, 6:00-7:30a Birthday Celebrations Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 6 Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym | 7 Table Tennis, 6:00-7:30a Ask-A-PT, 10:00a-11:00a "Y-Sew-Fun" Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym | 8 Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym | 9 Table Tennis, 6:00-7:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 10 Pickleball, 7:00a-7:00p |
| 11 Pickleball, 12:00p-6:00p LL Gym | 12 Table Tennis, 6:00-7:30a Mexican Train Dominoes, 10a-11:30a Bingo Size, 11:30a-12:30p Movie and Popcorn, 1:00p-3:00p 'It's a Mad Mad Mad Mad World' Pickleball, 7:00p-9:00p, LL Gym | 13 Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym | 14 Table Tennis, 6:00-7:30a Senior Care Authority Resource Table 10:00a-12:00p "Y-Sew-Fun" Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym | 15 Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym | 16 Table Tennis, 6:00-7:30a Father's Day Brunch, 9:30a-11:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 17 Pickleball, 7:00a-7:00p |
| 18 Pickleball, 12:00p-6:00p LL Gym | 19 Table Tennis, 6:00-7:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 20 Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym | 21 Table Tennis, 6:00-7:30a Medicare and Muffins, 9:30a-11:30a Craft, 11:00a-12:30p, cost \$8 Y-Sew-Fun" Sewing Group, 12:30p Pickleball, 7:00p-9:00p, LL Gym | 22 Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym | 23 Table Tennis, 6:00-7:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 24 Pickleball, 7:00a-7:00p |
| 25 Pickleball, 12:00p-6:00p LL Gym | 26 Table Tennis, 6:00-7:30a Mexican Train Dominoes, 10a-11:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | 27 Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym | 28 Table Tennis, 6:00-7:30a Free Glucose and Blood Pressure Screenings, 9:00a-11:00a Bingo, 10:00a-11:30p Y-Sew-Fun, Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym | 29 Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p USAF Museum day trip, 9:00a-5:00p Mahjong, 1:00p-3:00p Book Club, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym | 30 Table Tennis, 6:00-7:30a Bingo Size, 11:30a-12:30p Pickleball, 7:00p-9:00p, LL Gym | |

Spring, Summer I & II | April 24 - August 20

STOLLE CENTER FITNESS DAY PLANNER

MONDAY

| MORNING/AFTERNOON | START | 🕒 | ROOM | LED BY | IL | |
|----------------------------|-------|----|------|---------|-----|-----|
| Intro To Water Fitness | 8:00 | 45 | SCP | Bonnie | A | |
| Time To Stretch | 8:00 | 30 | SS | Tracy | A | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | 50+ |
| Aquasize | 9:00 | 50 | SCP | Bonnie | 2 | 50+ |
| Stretch, Tone, & Balance | 9:00 | 30 | LLS | Tracy | 1 | |
| Renew Yoga | 9:15 | 60 | SS | Reema | A | |
| Gentle Pilates | 9:45 | 60 | LLS | Connie | A | |
| Hi/ Low Aerobics | 10:30 | 50 | S2 | Gloria | 1-2 | |
| Senior Sit & Tone | 10:45 | 30 | MG | Kendal | 1 | 50+ |
| Zumba Basics | 11:30 | 45 | S2 | Holly | A | |
| Community Arthritis Aqua + | 12:00 | 45 | SCP | Jillian | 1 | |
| EVENING | START | 🕒 | ROOM | LED BY | IL | |
| Active Flow Yoga | 6:00 | 75 | SS | Karen | A | |
| Rocking The Waves | 6:15 | 60 | SCP | Becky | 2 | |

TUESDAY

| MORNING/AFTERNOON | START | 🕒 | ROOM | LED BY | IL | |
|--------------------------|-------|----|------|----------|-----|-----|
| Intro To Water Fitness | 8:00 | 45 | SCP | Tracy | A | |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | 50+ |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | |
| Yin Yoga | 9:15 | 60 | SS | Laura | A | |
| Aqua Stretch-N-Tone | 10:00 | 30 | SCP | Tracy | 1 | |
| Community Arthritis Aqua | 12:00 | 45 | SCP | Tracy | 1 | |
| EVENING | START | 🕒 | ROOM | LED BY | IL | |
| Slow Flow Yoga | 5:45 | 60 | SS | Jennifer | A | |
| Shape With Weights | 6:00 | 50 | S2 | Gloria | 1-2 | |
| Hydro Burn | 6:15 | 60 | SCP | Rhonda | 3 | |

WEDNESDAY

| MORNING/AFTERNOON | START | 🕒 | ROOM | LED BY | IL | |
|----------------------------|-------|----|------|---------|-----|-----|
| Intro To Water Fitness | 8:00 | 45 | SCP | Sue | A | |
| Time To Stretch | 8:00 | 30 | SS | Connie | A | |
| Senior Strive Circuit | 8:30 | 30 | SFR | Tracy | A | 50+ |
| Aquasize | 9:00 | 50 | SCP | Sue | 2 | 50+ |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Tracy | 1 | |
| Gentle Pilates | 10:30 | 60 | SS | Connie | A | |
| Hi/Lo Aerobics | 10:30 | 50 | S2 | Gloria | 1-2 | |
| Senior Sit & Tone | 10:45 | 30 | MG | Kendal | 1 | 50+ |
| Zumba Basics | 11:30 | 45 | S2 | Chiaki | A | |
| Community Arthritis Aqua + | 12:00 | 45 | SCP | Jillian | 1 | |
| EVENING | START | 🕒 | ROOM | LED BY | IL | |
| Rocking The Waves | 6:15 | 60 | SCP | Kathy | 2 | |

THURSDAY

| MORNING/AFTERNOON | START | 🕒 | ROOM | LED BY | IL | |
|----------------------------|-------|----|------|----------|-----|-----|
| Intro To Water Fitness | 8:00 | 45 | SCP | Tracy | A | |
| Aquasize | 9:00 | 50 | SCP | Tracy | 2 | 50+ |
| Total Body Conditioning | 9:15 | 60 | SFR | Bill | A | |
| Slow Flow Yoga | 9:15 | 60 | SS | Jennifer | A | |
| Aqua Stretch-N-Tone | 10:00 | 30 | SCP | Tracy | 1 | |
| Community Arthritis Aqua + | 12:00 | 45 | SCP | Tracy | 1 | |
| EVENING | START | 🕒 | ROOM | LED BY | IL | |
| Shape With Weights | 6:00 | 50 | S2 | Gloria | 1-2 | |
| Hydro Burn | 6:15 | 60 | SCP | Rhonda | 3 | |

FRIDAY

| MORNING/AFTERNOON | START | 🕒 | ROOM | LED BY | IL | |
|-------------------------|-------|----|------|---------|-----|-----|
| Intro to Water Fitness | 8:00 | 45 | SCP | Bonnie | A | |
| Time To Stretch | 8:00 | 30 | SS | Kelly R | A | |
| Aquasize | 9:00 | 50 | SCP | Bonnie | 2 | 50+ |
| Stretch, Tone & Balance | 9:00 | 30 | LLS | Kelly R | 1 | |
| Gentle Yoga | 9:15 | 60 | SS | Tracy | A | |
| Hi/Lo Aerobics | 10:30 | 30 | S2 | Gloria | 1-2 | |
| Senior Sit & Tone | 10:45 | 30 | MG | Destiny | 1 | 50+ |
| EVENING | START | 🕒 | ROOM | LED BY | IL | |
| Zumba | 6:00 | 60 | S2 | Terrie | A | |

SATURDAY

| MORNING | START | 🕒 | ROOM | LED BY | IL | |
|----------------|-------|----|------|---------|-----|--|
| Yoga Flow | 8:45 | 60 | SS | Hannah | A | |
| Hi/Lo Aerobics | 10:15 | 50 | S2 | Kelly R | 1-2 | |

KEY

ROOMS

- LLS Lower Level Studio
- SS Spirit Studio
- SFR Starter Fitness Room
- SCP Stolle Center Pool
- MG Mini Gym
- S2 Studio 2
- S3 Studio 3

INTENSITY LEVELS

- A All Fitness Levels
- 1 Beginner
- 2 Intermediate
- 3 Advanced
- Water Fitness Class
- 50+ Age Limit