

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Fall Craft, 11:30a-12:30p, Cost \$8	2 Pickleball, 7:00a-7:00p, Outdoor MSC Patriot 5k Run and Trail Run, 9:00p
3 Pickleball, 12:00p-6:00p, Outdoor MSC	4 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Birthday Celebrations 10:00a-12:00p Restorative Rest, 10:30a-11:30a, Free workshop	5 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	6 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a	7 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	8 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	9 Pickleball, 7:00a-7:00p, Outdoor MSC
10 Pickleball, 12:00p-6:00p, Outdoor MSC	11 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a VETERANS DAY CELEBRATION AND LUNCH, 12:00p, FREE and open to the community	12 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	13 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Travel Party, 10:30a-11:30p. Free "Y-Sew-Fun" Sewing Group, 11:30a	14 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	15 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	16 Pickleball, 7:00a-7:00p, Outdoor MSC
17 Pickleball, 12:00p-6:00p, Outdoor MSC	18 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	19 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	20 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Y-Sew-Fun" Sewing Group, 11:30a National Veterans Memorial Museum Day Trip, 9:00a-5:00p, Cost \$35	21 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	22 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Christmas Craft, 11:30a-12:30p, Cost \$8	23 Pickleball, 7:00a-7:00p, Outdoor MSC
24 Pickleball, 12:00p-6:00p, Outdoor MSC	25 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	26 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	27 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a Y-Sew-Fun" Sewing Group, 11:30a	28 HAPPY THANKSGIVING! Y CLOSED	29 Pickleball, 5:00a-3:00p, Outdoor MSC Table Tennis, 6:00a-7:30a	30 Pickleball, 7:00a-7:00p, Outdoor MSC

2024-2025 School Year | September 3, 2024 - May 25, 2025

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	Susan	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone, & Balance	9:00	30	LLS	Susan	1	
Renew Yoga	9:15	60	SS	Staff	A	
Gentle Pilates	9:45	60	LLS	Susan	A	
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Zumba Basics	11:30	45	S2	Holly	A	
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	
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 Release	11:00	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	Janis	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	Susan	A	
Aquasize	9:00	50	SCP	Marsha	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Gentle Pilates	10:30	60	SS	Susan	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Rhonda K	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	
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 Release	11:00	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	Janis	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	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
Gentle Yoga	9:15	60	SS	Tracy	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Destiny	1	
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	1-2	

KEY

ROOMS

- LLS Lower Level Studio
- SS Spirit Studio
- SFR Starter Fitness Room
- SCP Stolle Center Pool
- S1 Studio 1
- S2 Studio 2
- S3 Studio 3

INTENSITY LEVELS

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