

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>2</b>
<b>3</b>	<b>4</b> March Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-PT Screenings, 5:30-6:30pm, Cardio Strength Center	<b>5</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>6</b> Table Tennis, 7:30-10:00am, Mini Gym Free Ask-A-Physical Therapist & Blood Pressure Screenings, 10:00-11:00a, Stolle Center WCCC Haircuts & Nails, 10:00a, No Cost Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>7</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am LaComedia Day Trip 'Joseph and the Amazing Technicolor Dreamcoat', 10:00a-4:00p, Meet at the Y, 9:45a Trikes, 9:00-10:00am, Main Gym Knit 'n Gab, 1:00pm	<b>8</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>9</b>
<b>10</b>	<b>11</b> Table Tennis, 7:30-10:00am, Mini Gym Edward Jones workshop, 9:30a-10:30a Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00p-3:00p, "Crazy Rich Asians"	<b>12</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>13</b> Table Tennis, 7:30-10:00am, Mini Gym United Healthcare Educational Seminar, 10:00a Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>14</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit 'n Gab, 1:00pm	<b>15</b> Table Tennis, 7:30-10:00a, Mini Gym VA Benefits-Lobby, 10:00a-2:00p Pickleball, 11:30a-1:30p, LL Gym	<b>16</b>
<b>17</b>	<b>18</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-Dietitian Screenings, 5:30-6:30pm, Cardio Strength Center	<b>19</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>20</b> Spring Brunch, 9:30a-11:30a, Cost \$5 Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>21</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit 'n Gab, 1:00pm	<b>22</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>23</b>
<b>24</b>	<b>25</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>26</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>27</b> Table Tennis, 7:30-10:00am, Mini Gym Learn to Play Chess, 10:00am-11:00am BINGO!, 10:00a-11:30a, Cost \$3.00 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>28</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit 'n Gab, 1:00pm		



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STOLLE CENTER FITNESS DAY PLANNER

Monday						
Morning	Start	⌚	Room	Led by	\$	
<b>Intro to Water Fitness</b>	8:05	45	SCP	Bonnie		18+
<b>Senior Strive Circuit Training</b>	8:30	30	CT	Rich		50+
<b>Stretch, Tone, &amp; Balance</b>	9:00	30	LLS	Rich		
<b>Aquasize</b>	9:05	50	SCP	Bonnie	\$24	50+
<b>Get Bendy Stretching</b>	9:45	30	CT	Rich		
<b>Hi / Lo Aerobics</b>	10:15	50	S2	Gloria		
<b>Senior Sit-N-Tone</b>	10:30	30	S1	Kendal		50+
<b>Zumba Basics</b>	11:15	45	S2	Logan		
<b>Community Arthritis Aquatics</b>	12:00	45	SCP	Janis	\$16	
Afternoon	Start	⌚	Room	Led by	\$	
<b>Circuit Training Express</b>	5:30	90	CT	Wals		7+
<b>Aqua Combo</b>	6:15	60	SCP	Juley	\$24	18+
<b>Hi / Lo Aerobics</b>	6:30	50	S1	Gloria		
<b>Yoga Mixed Levels</b>	6:30	75	SS	Karen	\$30	

Tuesday						
Morning	Start	⌚	Room	Led by	\$	
<b>Intro To Water Fitness</b>	8:05	45	SCP	Tracy		18+
<b>Aquasize</b>	9:05	50	SCP	Tracy	\$24	50+
<b>Total Body Conditioning</b>	9:15	60	CT	Bill		
<b>Yin Yoga</b>	9:15	60	SS	Christy M.	\$30	
<b>Aqua Stretch-N-Tone</b>	10:00	30	SCP	Tracy	\$14	50+
<b>Community Arthritis Aquatics</b>	12:00	45	SCP	Tracy	\$16	
Afternoon	Start	⌚	Room	Led by	\$	
<b>Shape with Weights</b>	6:00	50	S2	Gloria		
<b>Circuit Training Express</b>	6:30	60	CT	Lisa		7+
<b>Hydro Burn</b>	6:45	60	SCP	Laura	\$24	
<b>Pilates Mix</b>	7:00	60	SS	Staff	\$30	

Wednesday						
Morning	Start	⌚	Room	Led by	\$	
<b>Sunrise Yoga</b>	6:00	60	SS	Natasha	\$30	
<b>Intro To Water Fitness</b>	8:05	45	SCP	Sue		18+
<b>Senior Strive Circuit Training</b>	8:30	30	CT	Natasha		50+
<b>Stretch, Tone, &amp; Balance</b>	9:00	30	LLS	Natasha		
<b>Aquasize</b>	9:05	50	SCP	Sue	\$24	50+
<b>Get Bendy Stretching</b>	9:45	30	CT	Connie		
<b>Hi / Lo Aerobics</b>	10:15	50	S2	Gloria		
<b>Senior Sit-N-Tone</b>	10:30	30	S1	Natasha		50+
<b>Gentle Pilates</b>	10:30	60	SS	Connie	\$30	
<b>Zumba Basics</b>	11:15	45	S2	Chiaki		
<b>Power Hour Yoga</b>	11:45	60	SS	Natasha	\$30	
<b>Community Arthritis Aquatics</b>	12:00	45	SCP	Jillian	\$16	
Afternoon	Start	⌚	Room	Led by	\$	
<b>Circuit Training Express</b>	5:30	90	CT	Christina		7+
<b>Aqua Combo</b>	6:15	60	SCP	Staff	\$24	18+
<b>Hi / Lo Aerobics</b>	6:30	50	LLS	Gloria		

Thursday						
Morning	Start	⌚	Room	Led by	\$	
<b>Intro To Water Fitness</b>	8:05	45	SCP	Tracy		18+
<b>Aquasize</b>	9:05	50	SCP	Tracy	\$24	50+
<b>Yoga Flow</b>	9:15	60	SS	Christy M.	\$30	
<b>Total Body Conditioning</b>	9:15	60	CT	Bill		
<b>Aqua Stretch-N-Tone</b>	10:00	30	SCP	Tracy	\$14	50+
<b>Community Arthritis Aquatics</b>	12:00	45	SCP	Tracy	\$16	
Afternoon	Start	⌚	Room	Led by	\$	
<b>Shape with Weights</b>	6:00	50	S2	Gloria		
<b>Zumba Basics</b>	6:00	45	SS	Logan		
<b>Circuit Training Express</b>	6:30	60	CT	Carrie		7+
<b>Hydro Burn</b>	6:45	60	SCP	Janis	\$24	
<b>Warm Yoga Mixed Levels</b>	7:00	60	SS	Sheri	\$30	

Friday						
Morning	Start	⌚	Room	Led by	\$	
<b>Intro To Water Fitness</b>	8:05	45	SCP	Bonnie		18+
<b>Senior Strive Circuit Training</b>	8:30	30	CT	Diana		50+
<b>Stretch, Tone, &amp; Balance</b>	9:00	30	LLS	Kendal		
<b>Aquasize</b>	9:05	50	SCP	Bonnie	\$24	50+
<b>Gentle Yoga</b>	9:15	60	SS	Natasha	\$30	
<b>Get Bendy Stretching</b>	9:45	30	CT	Diana		
<b>Hi / Lo Aerobics</b>	10:15	50	S2	Gloria		
<b>Senior Sit-N-Tone</b>	10:30	30	S1	Kendal		50+

Saturday						
Morning	Start	⌚	Room	Led by	\$	
<b>Circuit Training Express</b>	9:30	90	CT	Staff		7+
<b>Hi / Lo Aerobics</b>	10:15	50	S2	Gloria		

### Fees & Flex Cards

To take a Specialty Fitness Class, members can either sign up for an five-week session of classes or purchase a Flex Card.

A Flex Card lets you take Specialty Fitness Classes without registering: just show up and have the instructor punch your card.

- 5 Punch Card: \$20
- 20 Punch Card: \$74
- 10 Punch Water Fitness Card: \$40

### Key

- CT Circuit Training Room
- LLS Lower Level Studio
- S1 Studio 1
- S2 Studio 2
- SS Spirit Studio
- CP Competition Pool
- IP Instructional Pool
- SCP Stolle Pool
- FAC Family Aquatic Center

All classes are for ages 13+ unless otherwise noted.

**Green Class Name:** Specialty class; fee applies

Water Fitness class

Class is for ages shown