

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> March Birthday Celebrations Table Tennis, 7:30-10:00a, Mini Gym Senior Tech Moments, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-Physical Therapist, 5:30p-6:30p, Cardio Strength Center	<b>3</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>4</b> Table Tennis, 7:30-10:00am, Mini Gym Free Ask-A-Physical Therapist & Blood Pressure Screenings, 10:00-11:00a, Stolle Center Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>5</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym LaComedia 'The King and I', 10:00a-4:00p Senior Tech Moments, 11:00a-12:30p Knit `n Gab, 1:00pm	<b>6</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>7</b>
<b>8</b>	<b>9</b> Table Tennis, 7:30-10:00a, Mini Gym Senior Tech Moments, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00p-3:00p, 'Elsa and Fred'	<b>10</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>11</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>12</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Senior Tech Moments, 11:00a-12:30p Knit `n Gab, 1:00pm	<b>13</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>14</b>
<b>15</b>	<b>16</b> Table Tennis, 7:30-10:00a, Mini Gym Medicare & Muffins, 9:30a-11:30a Senior Tech Moments, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Mahjong, 1:00p-3:00p	<b>17</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p DAR St.Patrick's Day Bake Sale, 9:00a-1:00p	<b>18</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>19</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Senior Tech Moments, 11:00a-12:30p Knit `n Gab, 1:00pm	<b>20</b> Table Tennis, 7:30-10:00a, Mini Gym Bunco, 10:00a-11:30a, Cost \$3.00 Pickleball, 11:30a-1:30p, LL Gym	<b>21</b>
<b>22</b>	<b>23</b> Table Tennis, 7:30-10:00am, Mini Gym Senior Tech Moments, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Mahjong, 1:00p-3:00p	<b>24</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>25</b> Table Tennis, 7:30-10:00am, Mini Gym Krohn's Conservatory Butterfly Exhibit, 9:45a-4:00p BINGO, 10:00a-11:30a, Cost \$3.00 Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>26</b> Table Tennis, 7:30-10:00a, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Reds Opening Day Hot Dog Sale, 10:00a-12:00p, Cost \$5/plate Senior Tech Moments, 11:00a-12:30p Knit `n Gab, 1:00pm	<b>27</b> Table Tennis, 7:30-10:00a, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>28</b>
<b>29</b>	<b>30</b> Table Tennis, 7:30-10:00a, Mini Gym Senior Tech Moments, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym	<b>31</b> Table Tennis, 7:30-10:00a, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p				



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STOLLE CENTER FITNESS DAY PLANNER

## 8 Week Session

Monday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Intro to Water Fitness	8:05	45	SCP	Bonnie	A	18+
Senior Strive Circuit Training	8:30	30	CT	Rich	A	50+
Stretch, Tone, & Balance	9:00	30	LLS	Rich	1	
Aquasize	9:05	50	SCP	Bonnie	\$26 2	50+
Renew Yoga	9:15	60	SS	Liz	\$31 2	
Get Bendy Stretching	9:45	30	CT	Rich	A	
Hi / Lo Aerobics	10:15	50	S2	Gloria	1-2	
Breathing Into Balance Yoga	10:30	30	SS	Liz	\$15 A	
Senior Sit-N-Tone	10:30	30	S1	Kendal	1	50+
Zumba Basics	11:15	45	S2	Logan	A	
Community Arthritis Aquatics	12:00	45	SCP	Marsha	\$17 1	
Afternoon						
	Start	⊕	Room	Led by	\$	IL
Circuit Training Express	5:30	90	CT	Wals	A	7+
Aqua Combo	6:15	60	SCP	Becky	\$26 2	
Hi / Lo Aerobics	6:30	50	S1	Gloria	1-2	
Active Flow Yoga	6:30	60	SS	Karen	\$31 A	

Tuesday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Intro To Water Fitness	8:05	45	SCP	Tracy	A	18+
Aquasize	9:05	50	SCP	Tracy	\$26 2	50+
Total Body Conditioning	9:15	60	CT	Bill	A	
Yin Yoga	9:15	60	SS	Laura	\$31 A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$16 1	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$17 1	
Afternoon						
	Start	⊕	Room	Led by	\$	IL
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	\$31 A	
Shape with Weights	6:00	50	S2	Gloria	1-2	
Circuit Training Express	6:30	60	CT	Lisa	A	7+
Hydro Burn	6:45	60	SCP	Janis	\$26 3	
Pilates Mix	7:00	60	SS	Staff	\$31 A	

Wednesday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Sunrise Yoga	6:00	60	SS	Liz	\$31 A	
Intro To Water Fitness	8:05	45	SCP	Sue	A	18+
Senior Strive Circuit Training	8:30	30	CT	Peggy	A	50+
Stretch, Tone, & Balance	9:00	30	LLS	Peggy	1	
Aquasize	9:05	50	SCP	Sue	\$26 2	50+
Get Bendy Stretching	9:45	30	CT	Connie	A	
Hi / Lo Aerobics	10:15	50	S2	Gloria	1-2	
Senior Sit-N-Tone	10:30	30	S1	Kendal	1	50+
Gentle Pilates	10:30	60	SS	Connie	\$31 A	
Zumba Basics	11:15	45	S2	Chiaki	A	
Community Arthritis Aquatics	12:00	45	SCP	Jillian	\$17 1	
Afternoon						
	Start	⊕	Room	Led by	\$	IL
Circuit Training Express	5:30	90	CT	Christina	A	7+
Aqua Combo	6:15	60	SCP	Jillian	\$26 2	

Thursday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Intro To Water Fitness	8:05	45	SCP	Tracy	A	18+
Aquasize	9:05	50	SCP	Tracy	\$26 2	50+
Yoga Flow	9:15	60	SS	Kelsie	\$31 A	
Total Body Conditioning	9:15	60	CT	Bill	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	\$16 1	50+
Community Arthritis Aquatics	12:00	45	SCP	Tracy	\$17 1	
Afternoon						
	Start	⊕	Room	Led by	\$	IL
Shape with Weights	6:00	50	S2	Gloria	1-2	
Circuit Training Express	6:30	60	CT	Carrie	A	7+
Hydro Burn	6:45	60	SCP	Janis	\$26 3	
Warm Yoga Mixed Levels	7:00	60	SS	Reema	\$31 A	

Friday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Intro To Water Fitness	8:05	45	SCP	Bonnie	A	18+
Senior Strive Circuit Training	8:30	30	CT	Diana	A	50+
Stretch, Tone, & Balance	9:00	30	LLS	Diana	1	
Aquasize	9:05	50	SCP	Bonnie	\$26 2	50+
Gentle Yoga	9:15	60	SS	Liz	\$31 A	
Get Bendy Stretching	9:45	30	CT	Diana	A	
Hi / Lo Aerobics	10:15	50	S2	Gloria	1-2	
Senior Sit-N-Tone	10:30	30	S1	Christina	1	50+

Saturday						
Morning						
	Start	⊕	Room	Led by	\$	IL
Circuit Training Express	9:30	90	CT	Staff	A	7+
Hi / Lo Aerobics	10:15	50	S2	Kelly	1-2	

### 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.

- 5 Punch Card: \$20
- 20 Punch Card: \$74
- 10 Punch Water Fitness Card: \$40
- 20 Punch Water Fitness Card: \$72

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

### Key

CT	Circuit Training Room	All classes are for ages 13+ unless otherwise noted.
LLS	Lower Level Studio	
S1	Studio 1	<b>Green Class Name:</b> Specialty class; fee applies
S2	Studio 2	
SS	Spirit Studio	Water Fitness class
CP	Competition Pool	Class is for ages shown
IP	Instructional Pool	<b>Intensity Levels</b> A = All Fitness Levels 1 = Beginner 2 = Intermediate 3 = Advanced
SCP	Stolle Pool	
FAC	Family Aquatic Center	