

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>2</b> Pickleball, 7:00a-7:00p
<b>3</b> Pickleball, 12:00p-6:00p LL Gym	<b>4</b> Y CLOSED Labor Day	<b>5</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>6</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a ASK-A-PT, 10:00a-11:00a Fire Levy Discussion, Q&A, 10:00a Chair Yoga, 11:00a-12:00p, Activity Room "Y-Sew-Fun" Sewing Group, 12:00p	<b>7</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	<b>8</b> Pickleball, 5:00a-1:00p, LLGym Table Tennis, 6:00a-7:30a	<b>9</b> Pickleball, 7:00a-7:00p
<b>10</b> Pickleball, 12:00p-6:00p LL Gym	<b>11</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a End of Summer Brunch, 10:00a, \$5 Mexican Train Dominoes, 10:00a-11:30a Free Beginner Pickleball Class 1:00p-2:30p, LL Gym Movie and Popcorn, 1:00p-3:00p 'Grumpy Old Men'	<b>12</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>13</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a CapTel and Audiologist, Free Hearing Screenings, 10:00a "Y-Sew-Fun" Sewing Group, 12:00p	<b>14</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	<b>15</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>16</b> Pickleball, 7:00a-7:00p
<b>17</b> Pickleball, 12:00p-6:00p LL Gym	<b>18</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a FLU SHOT CLINIC, 9:00a-2:00p, Activity Room Free Beginner Pickleball Class 1:00p-2:30p, LL Gym	<b>19</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>20</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a Medicare and Muffins, 9:30a-11:30a Chair Yoga, 11:00a-12:00p, Activity Room Y-Sew-Fun" Sewing Group, 12:30p	<b>21</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	<b>22</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a Fall Craft, Pumpkins, 11:30a-12:30p Cost, \$5	<b>23</b> Pickleball, 7:00a-7:00p
<b>24</b> Pickleball, 12:00p-6:00p LL Gym	<b>25</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-11:30a Free Beginner Pickleball Class 1:00p-2:30p, LL Gym Cooking for One or Two class, 6:00p, Cost \$25	<b>26</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>27</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a Free Glucose and Blood Pressure Screenings, 9:00a-11:00a Bingo, 10:00a-11:30a, Cost \$5 Y-Sew-Fun, Sewing Group, 12:00p	<b>28</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Book Club, 1:00p-3:00p	<b>29</b> Pickleball, 5:00a-1:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>30</b> Pickleball, 7:00a-7:00p

### 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	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	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
Community Arthritis Aqua +	12:00	45	SCP	Anita	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	

### 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	
Aquasize	9:00	50	SCP	Sue	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	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	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
Community Arthritis Aqua +	12:00	45	SCP	Anita	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Kathy	2	

### 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	
Stretch, Tone & Balance	9:00	30	LLS	Kelly R	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 R	1-2	

### 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 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	Janis	3	

### 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 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	

### 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