

# October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> October Birthday Celebrations Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-PT Screenings, 5:30-6:30pm, Cardio Strength Center	<b>2</b> Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>3</b> Table Tennis, 7:30-10:00am, Mini Gym Free Ask-A-Physical Therapist & Blood Pressure Screenings, 10:00-11:00a, Stolle Center Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>4</b> Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	<b>5</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>6</b>
<b>7</b>	<b>8</b> Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Movie & Popcorn, 1:00-3:00pm, "Dunkirk"	<b>9</b> Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>10</b> Table Tennis, 7:30-10:00am, Mini Gym Premier Health Breast Cancer Awareness, 10:00a-12:00p Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>11</b> Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	<b>12</b> Table Tennis, 7:30-10:00am, Mini Gym VA Benefits, 10:00a-2:00p, Lobby Pickleball, 11:30a-1:30p, LL Gym	<b>13</b>
<b>14</b>	<b>15</b> Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym	<b>16</b> Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>17</b> 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 Blood Drive, 12:30p-2:45p & 4:00p-6:30p	<b>18</b> Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Halloween Bake Sale, 9:00a Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	<b>19</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>20</b> CarFit, 10:00a-2:00p, Parking Lot
<b>21</b>	<b>22</b> Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym	<b>23</b> Table Tennis, 7:30-10:00am, Mini Gym Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>24</b> Table Tennis, 7:30-10:00am, Mini Gym BINGO!, 10:00a-11:30a Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm	<b>25</b> Table Tennis, 7:30-10:00am, Mini Gym Euchre, 9:00am Trikes, 9:00-10:00am, Main Gym Knit `n Gab, 1:00pm	<b>26</b> Table Tennis, 7:30-10:00am, Mini Gym Pickleball, 11:30a-1:30p, LL Gym	<b>27</b> Prescription Drug Take Back Day, 10:00a-2:00p, Lobby
<b>28</b>	<b>29</b> Table Tennis, 7:30-10:00am, Mini Gym Senior Moments Technology Help, 11:00a-12:30p Pickleball, 11:30a-1:30p, LL Gym Free Ask-A-Dietitian & Personal Trainer, 5:30-6:30pm, Cardio Strength Center	<b>30</b> Table Tennis, 7:30-10:00am, Mini Gym Hocking Hills Day Trip, 8:00a-5:00p Trikes, 9:00-10:00am, Main Gym Bridge, 9:00a-4:00p	<b>31</b> Table Tennis, 7:30-10:00am, Mini Gym Halloween Party, 9:30a-12:30p Learn to Play Chess, 10:00am-11:00am Pickleball, 11:30a-1:30p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00pm			



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	Roxanne		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	Roxanne	\$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	Jane	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
<b>Circuit Training Express</b>	5:30	90	CT	Anna		7+
<b>Aqua Combo</b>	6:15	60	SCP	Penny	\$24	50+
<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	Anna		7+
<b>Pilates Mix</b>	7:00	60	SS	Katie	\$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	Beth		50+
<b>Stretch, Tone, &amp; Balance</b>	9:00	30	LLS	Beth		
<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	Beth		50+
<b>Gentle Pilates</b>	10:30	60	SS	Connie	\$30	
<b>Zumba Basics</b>	11:15	45	S2	Chiaki		
<b>Community Arthritis Aquatics</b>	12:00	45	SCP	Jane	\$16	
Afternoon						
	Start	⌚	Room	Led by	\$	
<b>Circuit Training Express</b>	5:30	90	CT	Suzy		7+
<b>Aqua Combo</b>	6:15	60	SCP	Penny	\$24	50+
<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	Lisa		
<b>Circuit Training Express</b>	6:30	60	CT	Carrie		7+
<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