

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Birthday Celebrations	4 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Bridge, 9:00a-4:00p	5 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym ASK-A-PT, 10:00a-11:00a "Y-Sew-Fun" Sewing Group, 12:00p	6 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Euchre, 9:00a-12:00p Mahjong. 1:00p-3:00p	7 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	8
9 Pickleball, 12:00p-6:00p LL Gym	10 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes, 10a-12p Movie and Popcorn, 1:00p-3:00p 'Forrest Gump'	11 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Bridge, 9:00a-4:00p	12 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	13 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Euchre, 9:00a-12:00p Mahjong. 1:00p-3:00p	14 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Pressed Flower Lantern Craft, 12:00p-1:00p	15
16 Pickleball, 12:00p-6:00p LL Gym	17 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes, 10a-11:30p Bingo Size, 11:30a-12:30p	18 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Bridge, 9:00a-4:00p	19 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Medicare and Muffins, 9:30a-11:30a "Y-Sew-Fun" Sewing Group, 12:00p	20 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Euchre, 9:00a-12:00p La Comedia, 10:00a-4:00p Mahjong, 1:00p-3:00p	21 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo Size, 11:30a-12:30p	22
23 Pickleball, 12:00p-6:00p LL Gym	24 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo Size, 11:30a-12:30p	25 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Bridge, 9:00a-4:00p	26 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Free Glucose and Blood Pressure Screenings, 9:00a-11:00a Bingo, 10:00a-11:30a, cost \$3 "Y-Sew-Fun" Sewing Group, 12:00p	27 Table Tennis, 6:00-7:30a Pickleball, 7:00a-3:00p, LL Gym Euchre, 9:00a-12:00p Book Club, 1:00p-3:00p	28 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo Size, 11:30a-12:30p	29
30 Pickleball, 12:00p-6:00p LL Gym						29



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I & II | January 2 - April 23

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	Tracy	A	
Senior Strive Circuit	8:30	30	SFR	Tracy	A	50+
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone, & Balance	9:00	30	LLS	Tracy	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	50+
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
Community Arthritis Aqua +	12:00	45	SCP	Jillian	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	
Hi/ Low Aerobics	6:30	50	S1	Gloria	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	
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	
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	Connie	A	
Senior Strive Circuit	8:30	30	SFR	Tracy	A	50+
Aquasize	9:00	50	SCP	Sue	2	
Stretch, Tone & Balance	9:00	30	LLS	Tracy	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	50+
Zumba Basics	11:30	45	S2	Chiaki	A	
Community Arthritis Aqua +	12:00	45	SCP	Jillian	1	
EVENING	START		ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Kathy	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 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	Janis	3	

FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
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	30	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Christina	1	50+
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	

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