

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Birthday Celebrations	3 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00	4 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	5 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a-12p Mahjong, 1:00p-3:00p	6 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	7
8 Pickleball, 1:00p-3:00p LL Gym	9 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 'Saving Mr. Banks'	10 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	11 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	12 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a-12:00p Mahjong. 1:00p-3:00p	13 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	14
15 Pickleball, 1:00p-3:00p LL Gym	16 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	17 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	18 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	19 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	20 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	21
22 Pickleball, 1:00p-3:00p LL Gym	23 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	24 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	25 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo, 10:00a-11:30a, cost \$3 "Y-Sew-Fun" Sewing Group, 12:00p	26 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a-12:00p Book Club, 1:00p-3:00p Mahjong, 1:00p-3:00p	27 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	28
29	30 Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym SOUP COOK OFF 10:00a-? \$5 to sample soups and vote for favorite	31 Table Tennis, 6:00-7:00a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p				



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winter I & II | January 2 - April 23 STOLLE CENTER FITNESS DAY PLANNER

MONDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$48	
Time to Stretch	8:00	30	SS	Tracy	A		
Senior Strive Circuit	8:30	30	SFR	Tracy	A		
Aquasize	9:00	50	SCP	Bonnie	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Tracy	1		
Renew Yoga	9:15	60	SS	Reema	A	\$63	
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	Staff	A		

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Active Flow Yoga	6:00	60	SS	Karen	1	\$63	
Rocking the Waves	6:15	60	SCP	Beckie	2		
Hi/Lo Aerobics	6:30	50	S1	Gloria	1-2		

TUESDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$48	
Aquasize	9:00	50	SCP	Tracy	2	\$42	
Total Body Conditioning	9:15	60	SFR	Bill	A		
Yin Yoga	9:15	60	SS	Laura	A	\$72	
Aqua Stretch N Tone	10:05	30	SCP	Tacy	1	\$35	

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Warm Yoga Mixed Levels	5:45	60	SS	Jennifer	A	\$72	
Shape With Weights	6:00	50	S2	Gloria	1-2		
Hydro Burn	6:15	60	SCP	Janis	3	\$48	

WEDNESDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Sue	A	\$48	
Time to Stretch	8:00	30	SS	Connie	A		
Senior Strive Circuit	8:30	30	SFR	Tracy	A		
Aquasize	9:00	50	SCP	Jane	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Tracy	1		
Gentle Pilates	10:30	60	SS	Connie	A	\$72	
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		

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Jillian	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Active Flow Yoga	6:00	60	SS	Kathy	2	\$42	
Rocking the Waves	6:15	60	SCP	Rhonda	A	\$72	

THURSDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Tracy	A	\$48	
Aquasize	9:00	50	SCP	Tracy	2	\$42	
Total Body Conditioning	9:15	60	SFR	Bill	A		
Yoga Flow	9:15	60	SS	Jennifer	A	\$63	
Aqua Stretch N Tone	10:05	30	SCP	Tracy	1	\$35	

AFTERNOON	START	ROOM	LED BY	IL	PMS		
Community Arthritis Aquatics	12:00	45	SCP	Tracy	1	\$25	

EVENING	START	ROOM	LED BY	IL	PMS		
Shape With Weights	6:00	50	S2	Gloria	1-2		
Hydro Burn	6:15	60	SCP	Janis	3	\$48	

FRIDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	\$48	
Time to Stretch	8:00	30	SS	Kelly R	A		
Senior Strive Circuit	8:30	30	SFR	Kelly R	A		
Aquasize	9:00	50	SCP	Bonnie	2	\$42	
Stretch, Tone & Balance	9:00	30	LLS	Kelly R	1		
Gentle Yoga	9:15	60	SS	Traxi	A	\$72	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2		
Senior Sit-&-Tone	10:45	30	S1	Christina	1		

SATURDAY

MORNING	START	ROOM	LED BY	IL	PMS		
Yoga Flow	8:45	60	SS	Hannah	A	\$63	
Hi/ Low Aerobics	10:15	50	S2	Kelly R	1-2		

KEY

ROOMS

- CTR Circuit Training Room
- CP Competition Pool
- FAC Family Aquatic Center
- IP Instructional Pool
- LG1 Lower Level Mini Gym
- 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

All land fitness classes are for ages 13+ unless otherwise noted. All water fitness classes are ages 18+

- Water Fitness Class
- Age Limit

FEES

Program Members can take a Specialty Fitness Class by signing up for the session.