

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	<b>2</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym ASK-A-PT 10a-11a "Y-Sew-Fun" Sewing Group, 12:00p	<b>3</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	<b>4</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	<b>5</b>
<b>6</b> Pickleball, 1:00p-3:00p LL Gym	<b>7</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Birthday Celebrations Senior Health Assessments 10:30a-2:30p Event Center	<b>8</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	<b>9</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym "Y-Sew-Fun" Sewing Group, 12:00p	<b>10</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	<b>11</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Veterans Day Celebration and Luncheon Starts at 12p Free	<b>12</b>
<b>13</b> Pickleball, 1:00p-3:00p LL Gym	<b>14</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes 10a-12p Movie and Popcorn 1p-3p "You've Got Mail" Game of Your Choice 1-3p	<b>15</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	<b>16</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym  "Y-Sew-Fun" Sewing Group, 12:00p	<b>17</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Euchre, 9:00a	<b>18</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	<b>19</b>
<b>20</b> Pickleball, 1:00p-3:00p LL Gym	<b>21</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	<b>22</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	<b>23</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Bingo! 10:00a-11:30a "Y-Sew-Fun" Sewing Group, 12:00p	<b>24</b> THANKSGIVING  Y CLOSED	<b>25</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym	<b>26</b>
<b>27</b> Pickleball, 1:00p-3:00p LL Gym	<b>28</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym Mexican Train Dominoes, 10a-12p	<b>29</b> Table Tennis, 6:00-7:00a Pickleball, 7:00a-1:00p, LL Gym Bridge, 9:00a-4:00p	<b>30</b> Table Tennis, 6:00-7:30a Pickleball, 7:00a-1:00p, LL Gym CHRISTMAS IN CINCINNATI, Day Trip, 10a-4p M-\$50, PM- \$65			



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall I & 2 -| August 29- December 1 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/Lo 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+

### FEES

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

- Water Fitness Class
- Age Limit