

# March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Pickleball, 12:00p-6:00p, LL Gym	<b>2</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Birthday Celebrations Alzheimer Association Presentation, 'Healthy Living', 10:00a, Free	<b>3</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>4</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a ASK-A-PT, 10:00a-11:00a "Y-Sew-Fun" Sewing Group, 11:30a	<b>5</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>6</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>7</b> Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
<b>8</b> Pickleball, 12:00p-6:00p, LL Gym	<b>9</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	<b>10</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>11</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a	<b>12</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>13</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>14</b> Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome! Healthy Family Day, 10:00a-12:30p, Free
<b>15</b> Pickleball, 12:00p-6:00p, LL Gym	<b>16</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Spring Craft, Framed Flower Button Art, 11:00a-12:00p, Cost \$8	<b>17</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>18</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a Medicare and Muffins, 9:30a-11:30a	<b>19</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Sweet Escapes Day Trip, 8:30-7:00p, cost \$75 Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	<b>20</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>21</b> Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
<b>22</b> Pickleball, 12:00p-6:00p, LL Gym	<b>23</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	<b>24</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	<b>25</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a "Y-Sew-Fun" Sewing Group, 11:30a Bingo, 10:00a-11:30a, Cost \$3 Opening Day Eve Hot Dog Sale, 10:30a-12:30p, cost \$5	<b>26</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Book Club, 1:00p-3:00p	<b>27</b> Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	<b>28</b> Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!

# 2026 Winter & Spring | January 5 – May 24, 2026 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	Susan	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone, & Balance	9:00	30	LLS	Susan	1	
All Levels Yoga	9:15	60	SS	Jennifer	A	
Yogalates	9:45	60	LLS	Susan	A	
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Kendal	1	
Community Arthritis Plus	11:00	45	SCP	Kathy	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
EVENING	START	🕒	ROOM	LED BY	IL	
Power Yoga	6:15	60	SS	Rhonda B	A	
Rocking The Waves	6:15	60	SCP	Becky	2	

## TUESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Kim	A	
Aquasize	9:00	50	SCP	Kim	2	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Susan	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Kathy	1	
Community Arthritis Release	11:00	45	SCP	Kathy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
All Levels Yoga	6:00	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	Susan	A	
Aquasize	9:00	50	SCP	Sue	2	
Stretch, Tone & Balance	9:00	30	LLS	Susan	1	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Kendal	1	
Yogalates	10:30	60	SS	Susan	A	
Community Arthritis Plus	11:00	45	SCP	Anita	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
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	Ashley	A	
Aquasize	9:00	50	SCP	Ashley	2	
All Levels Yoga	9:15	60	SS	Jennifer	A	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Anita	1	
Community Arthritis Release	11:00	45	SCP	Anita	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Rhonda K	3	

## 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	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
All Levels Yoga	9:15	60	SS	Susan	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Destiny	1	
Senior Sit & Tone	11:15	30	S1	Destiny	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

## SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	
All Levels Yoga	8:45	60	SS	Hannah	A	
Hi/Lo Aerobics	10:15	50	S2	Kelly	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