NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Pickleball, 12:00p-6:00p, LL Gym	**2** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Birthday Celebrations Council on Aging Presentation, 11:00a-12:00p	**3** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	**4** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Chair Volleyball, 9:15a-10:15a, Racquetball Court ASK-A-PT. 10:00a-11:00a Caring Transitions, 10:30a-11:30a, Free "Y-Sew-Fun" Sewing Group, 11:30a Evening at the Races, 3:00p-9:30p	**5** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	**6** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	**7** Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
8 Pickleball, 12:00p-6:00p, LL Gym	**9** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	**10** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	**11** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Chair Volleyball, 9:15a-10:15a, Racquetball Court "Y-Sew-Fun" Sewing Group, 11:30a VETERANS DAY CELEBRATION AND LUNCHEON, 12:00p, Main Gym, Free	**12** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p	**13** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	**14** Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
15 Pickleball, 12:00p-6:00p, LL Gym	**16** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Holiday Sparkle Day Trip, 10:00a-3:00p, Cost $60	**17** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	**18** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Chair Volleyball, 9:15a-10:15a, Racquetball Court Medicare with Will, 10:30a -11:30a "Y-Sew-Fun" Sewing Group, 11:30a	**19** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p (Offsite) Book Club, 1:00p-3:00p	**20** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	**21** Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
22 Pickleball, 12:00p-6:00p, LL Gym	**23** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Mexican Train Dominoes, 10:00a-12:00p	**24** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Bridge, 9:00a-4:00p	**25** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Chair Volleyball, 9:15a-10:15a, Racquetball Court "Y-Sew-Fun" Sewing Group, 11:30a	**26** Happy Thanksgiving! Y CLOSED	**27** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a	**28** Pickleball, 7:00a-7:00p, LL Gym Free Acoustic Guitar/Any instrument, Workshop/Jam Session. 10:30a-12:00p. All ages welcome!
29 Pickleball, 12:00p-6:00p, LL Gym	**30** Pickleball, 5:00a-3:00p, LL Gym Table Tennis, 6:00a-7:30a Christmas Craft, 11:00a-12:00p, Cost $6					

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 Fall | August 31 – December 20, 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	50+
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	50+
Water Mobility	11:15	45	SCP	Kathy	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	50+
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	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	50+
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Susan	A	
Gentle Waters	11:15	45	SCP	Tracy	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	
Sunrise Splash	6:50	45	SCP	Laurie	A	
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	50+
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	50+
Yogalates	10:30	60	SS	Susan	A	
Water Mobility	11:15	45	SCP	Jane	1	
Senior Sit & Tone	11:15	30	S1	Kendal	1	50+
Zumba Basics	11:30	45	S2	Yuri	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	Kelly	A	
Aquasize	9:00	50	SCP	Kelly	2	50+
All Levels Yoga	9:15	60	SS	Jennifer	A	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Gentle Waters	11:15	45	SCP	Marsha	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	
Sunrise Splash	6:50	45	SCP	Laurie	A	
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	50+
Stretch, Tone & Balance	9:00	30	LLS	Kelly	1	
All Levels Yoga	9:15	60	SS	Tracy	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:30	30	S1	Destiny	1	50+
Senior Sit & Tone	11:15	30	S1	Destiny	1	50+
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
50+	Age Limit

UPDATED 10/21/2026