



NOTES:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Classes are FREE for Dare County Residents over the age of 55. For those under 55 or non residents there is a cost of \$3/class or \$15/month.</p> <p>For fitness class descriptions and more information, please visit our website: www.darenc.com/fessenden</p> <p>Cardio equipment use is FREE when the activity room is not being used for fitness classes or special events. Come in for a FREE cardio equipment orientation today!</p> <p>KEY:</p> <ul style="list-style-type: none"> • FC- Fessenden Center • FA- Fessenden Annex (Next to the PNC Bank in Buxton) • HR- Hatteras Realty (Pool) • (L)- Low Intensity • (M)- Medium Intensity • (H)- High Intensity • (V) varied intensity all levels encouraged 	<p>1 7:00 Boot Camp (H) FC 8:00 Balance & Core (L) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC</p>	<p>2 8:00 Yoga (V) FC 8:30 Autism Awareness Walk-FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>3 7:00 Boot Camp (H) FC 8:00 Step Plus (V) FC 9:00-9:30 TOPS- FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 12:00 Ashtanga Yoga (V) FC 1:00 Adult Pickleball- FC 7:00-9:00 Men's Open Gym- FC</p>	<p>4 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>5 7:00 Boot Camp (H) FC 8:00 Cardio Variety (V) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 1:00 Adult Pickleball- FC</p>
	<p>8 7:00 Boot Camp (H) FC 8:00 Balance & Core (L) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC</p>	<p>9 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>10 7:00 Boot Camp (H) FC 8:00 Step Plus (V) FC 8:30- Active Excursion- Butterfly Release at Elizabethan Gardens-FC 9:00-9:30 TOPS- FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 12:00 Ashtanga Yoga (V) FC 12:30 Game Day- Rummikub- FC 1:00 Adult Pickleball- FC 7:00-9:00 Men's Open Gym- FC</p>	<p>11 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 12:00 Adult Luncheon- Tamales from Pamlico Deli-FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>12 7:00 Boot Camp (H) FC 8:00 Cardio Variety (V) FC 9:00 Active Excursion- Bowling-FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 1:00 Adult Pickleball- FC</p>
	<p>15 7:00 Boot Camp (H) FC 8:00 Balance & Core (L) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC</p>	<p>16 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 6:00 Yoga (V) FC 5:30-7:00- Advanced Care Planning</p> <p>POUND CANCELLED</p>	<p>17 7:00 Boot Camp (H) FC 8:00 Step Plus (V) FC 9:00-9:30 TOPS- FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 12:00 Ashtanga Yoga (V) FC 1:00 Adult Pickleball- FC 7:00-9:00 Men's Open Gym- FC</p>	<p>18 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>19</p> <p>CLOSED</p>
	<p>22 7:00 Boot Camp (H) FC 8:00 Balance & Core (L) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC</p>	<p>23 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>24 7:00 Boot Camp (H) FC 8:00 Step Plus (V) FC 9:00-9:30 TOPS- FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 11:30 Book Club-Where the Crawdads Sing-FC 12:00 Ashtanga Yoga (V) FC 12:30 Game Day- Rummikub- FC 1:00 Adult Pickleball- FC 7:00-9:00 Men's Open Gym- FC</p>	<p>25 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 10:30- DIY Multimedia- Mermaid art-FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>26 7:00 Boot Camp (H) FC 8:00 Cardio Variety (V) FC 8:30 Men's Breakfast- FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC</p> <p>PICKLEBALL CANCELLED</p>
	<p>29 7:00 Boot Camp (H) FC 8:00 Balance & Core (L) FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 10:30 Movie Day- FC</p>	<p>30 8:00 Yoga (V) FC 9:30 Dance Fitness (M-H) FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>			

