



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NOTES:</p> <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) • (L)- Low Intensity • (M)- Medium Intensity • (H)- High Intensity • (V)- Varied intensity all levels encouraged <p>Every Saturday: Gentle Yoga from 8:15 to 9:15 AM and Chair Yoga 9:30 to 10:30 AM</p>				<p>1</p> <p>8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>2</p> <p>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>5</p> <p>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>6</p> <p>8:00 Yoga (V) FC 8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 1:00 Shag Dance Practice - FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>7</p> <p>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 1:00 Adult Pickleball - FC 7:00-9:00 Men's Open Gym - FC</p>	<p>8</p> <p>8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 12:00 Senior Luncheon - Crazy Johnny's BBQ - FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>9</p> <p>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>12</p> <p>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>13</p> <p>8:00 Yoga (V) FC 8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 11:00 Balanced Bites- Watermelon Coconut Popsicles - FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>14</p> <p>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 12:30 Game Day-Rummikub - FC 1:00 Adult Pickleball - FC 7:00-9:00 Men's Open Gym - FC</p>	<p>15</p> <p>8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 5:15 POUND on the SOUND! - Rockout. Workout.® (V) Avon/Buxton Stretch @ New Soundside Parking Area</p>	<p>16</p> <p>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>19</p> <p>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>20</p> <p>8:00 Yoga (V) 8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 1:00 Shag Dance Practice - FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>21</p> <p>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 1:00 Adult Pickleball - FC 7:00-9:00 Men's Open Gym - FC</p>	<p>22</p> <p>8:15 Water Aerobics (L) HR 9:00 Active Excursion - Bowling - FC 9:15 Water Yoga (L) HR 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>23</p> <p>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 10:45 Mindfulness Workshop - FC 1:00 Adult Pickleball - FC</p>
	<p>26</p> <p>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>27</p> <p>8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>28</p> <p>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 12:30 Game Day-Rummikub - FC 1:00 Adult Pickleball - FC 7:00-9:00 Men's Open Gym - FC</p>	<p>29</p> <p>8:15 Water Aerobics (L) HR 9:15 Water Yoga (L) HR 11:00 DIY - Marbled Ceramics - FC 5:15 POUND - Rockout. Workout.® (V) FC</p>	<p>30</p> <p>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 1:00 Adult Pickleball - FC</p>

