



	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>10/26/2019 Fit-A-Thon Benefit for Hatteras Island Cancer Foundation 7:00am - 2:00pm</p>		<p>1 8:00 Yoga (V) FC 1:00 Shag Dance Practice - FC 1:00 Bereavement Support Group - FC 5:30 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>2 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>3 8:00 Yoga (V) FC 10:00-2:00- Adult and Children's Flu Shot Clinic - FC 5:30 POUND - Rockout. Workout.® (V) FC</p>	<p>4 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 4:45 Yoga (V)- FC</p>
	<p>7 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>8 8:00 Yoga (V) FC 10:30 DIY Workshop - Halloween Deco Mesh Wreath - FC 5:30 POUND - Rockout. Workout.® (V) FC Canceled- 6:00 PM Yoga</p>	<p>9 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) F 12:30 Game Day-Rummikub - FC 1:00 Adult Pickleball - FC 7:00-9:00 Men's Open Gym - FC</p>	<p>10 8:00 Yoga (V) FC 12:00 Senior Luncheon - Diamond Shoals 5:30 POUND - Rockout. Workout.® (V) FC</p>	<p>11 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 4:45 Yoga (V)- FC</p>
	<p>14 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>15 8:00 Yoga (V) FC 9:30-1:30- Free Adult Flu Shot Clinic - FC 1:00 Bereavement Support Group - FC 1:00 Shag Dance Practice - FC 5:30 POUND - Rockout. Workout.® (V) FC Canceled - 6:00 PM Yoga</p>	<p>16 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>17 8:00 Yoga (V) FC 10:00- Advanced Care Planning - FC 5:30 POUND - Rockout. Workout.® (V) FC</p>	<p>18 7:00 Boot Camp (H) FC 8:00 Cardio Variety (V) FC 10:30 Active Excursion- Bowling - FC 9:30 Senior Fitness (L) FC 10:30 Power Circuit (M-H) FC 1:00 Adult Pickleball - FC 4:45 Yoga (V)- FC</p>
	<p>21 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>22 8:00 Yoga (V)-FC 10:30 Balanced Bites - Pumpkin Bars - FC 5:30 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>23 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>24 8:00 Yoga (V) FC 1:00-Tools To Quit Smoking Class - FC 5:30 POUND - Rockout. Workout.® (V) FC</p>	<p>25 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 4:45 Yoga (V)- FC</p>
		<p>28 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>29 8:00 Yoga (V) FC 5:15 POUND - Rockout. Workout.® (V) FC 6:00 Yoga (V) FC</p>	<p>30 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>31 8:00 Yoga (V) FC 5:15 POUND - Rockout. Workout.® (V) FC</p>

