



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: <a href="http://www.darenc.com/fessenden">www.darenc.com/fessenden</a></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><b>KEY:</b></p> <ul style="list-style-type: none"> <li>FC- Fessenden Center</li> <li>FA- Fessenden Annex (Next to the PNC Bank in Buxton)</li> <li>(L)- Low Intensity</li> <li>(M)- Medium Intensity</li> <li>(H)- High Intensity</li> <li>(V)- Varied intensity all levels encouraged</li> </ul> <p><b><u>Weekend Class</u></b></p> <p><b>Body Sculpt (M-H) Saturdays at 10 AM FC Except Canceled on 3/21</b></p>	<p><b>2</b></p> <p>7:00 Boot Camp (H) FC 8:00 Balance &amp; Core (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC 5:00 Body Sculpt (M-H) FC</p>	<p><b>3</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC 5:30 POUND - Rockout. Workout.® (M-H) FC 6:00 Yoga (V) FC</p>	<p><b>4</b></p> <p>7:00 Boot Camp (H) FC 8:00 Step Plus (L-M) FC <b>8:15 TOPS- FC</b> 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> <b>6:30-8:00 Grief Support Group-FA</b> <b>7:00-9:00 Men's Open Gym - FC</b></p>	<p><b>5</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC 11:30 Foam Rolling and Recovery (L) 3:30 Family Fitness- All ages (L) FC 5:30 POUND - Rockout. Workout.® (M-H) FC</p>	<p><b>6</b></p> <p>7:00 Boot Camp (H) FC 8:00 Cardio Variety (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> 4:45 Yoga (V) FC</p>
	<p><b>9</b></p> <p>7:00 Boot Camp (H) FC 8:00 Balance &amp; Core (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC 5:00 Body Sculpt (M-H) FC</p>	<p><b>10</b></p> <p>8:30 Yoga (V) FC <b>10:00 Bath Bombs and Heating Pads FC</b> 5:30 POUND - Rockout. Workout.® (M-H) FC 6:00 Yoga (V) FC</p> <p><b>CANCELED 10:00 Cardio Kickboxing</b></p>	<p><b>11</b></p> <p>7:00 Boot Camp (H) FC 8:00 Step Plus (L-M) FC <b>8:15 TOPS - FC</b> 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>11:45 Using Your Cell Phone - FA</b> <b>12:30 Game Day-Rummikub - FC</b> <b>1:00 Adult Pickleball - FC</b> <b>7:00-9:00 Men's Open Gym - FC</b></p>	<p><b>12</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC 11:30 Foam Rolling and Recovery (L) <b>12:00 Adult Luncheon - Froggy Dog</b> 3:30 Family Fitness- All ages (L) FC 5:30 POUND - Rockout. Workout.® (M-H) FC</p>	<p><b>13</b></p> <p>7:00 Boot Camp (H) FC 8:00 Cardio Variety (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> 4:45 Yoga (V) FC</p>
	<p><b>16</b></p> <p>7:00 Boot Camp (H) FC 8:00 Balance &amp; Core (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC 5:00 Body Sculpt (M-H) FC</p>	<p><b>17</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC <b>10:00 Cooking Class: One Pot Wonders</b> 5:30 POUND - Rockout. Workout.® (M-H) FC 6:00 Yoga (V) FC</p>	<p><b>18</b></p> <p>7:00 Boot Camp (H) FC 8:00 Step Plus (L-M) FC <b>8:15 TOPS- FC</b> 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> <b>6:30-8:00 Grief Support Group-Bank</b> <b>7:00-9:00 Men's Open Gym - FC</b></p>	<p><b>19</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC 11:30 Foam Rolling and Recovery (L) <b>12:00 - 5:00 Blood Drive FC</b> 3:30 Family Fitness- All ages (L) FC 5:30 POUND - Rockout. Workout.® (M-H) FC <b>6:00 Cooking Class: One Pot Wonders</b></p>	<p><b>20</b></p> <p>7:00 Boot Camp (H) FC 8:00 Cardio Variety (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> 4:45 Yoga (V) FC</p>
	<p><b>23</b></p> <p>7:00 Boot Camp (H) FC 8:00 Balance &amp; Core (L-M) FC 9:00 Senior Fitness (L-M) FC <b>10:00 Movie Day</b> 10:30 Power Circuit (M-H) FC 5:00 Body Sculpt (M-H) FC</p>	<p><b>24</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M) FC 5:30 POUND - Rockout. Workout.® (M-H) FC 6:00 Yoga (V) FC</p>	<p><b>25</b></p> <p>7:00 Boot Camp (H) FC 8:00 Step Plus (L-M) FC <b>8:15 TOPS- FC</b> 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>12:30 Game Day-Rummikub - FC</b> <b>1:00 Adult Pickleball - FC</b> <b>7:00-9:00 Men's Open Gym - FC</b></p>	<p><b>26</b></p> <p>8:30 Yoga (V) FC 10:00 Cardio Kickboxing (M-H) FC 11:30 Foam Rolling and Recovery (L) 3:30 Family Fitness- All ages (L) FC 5:30 POUND - Rockout. Workout.® (M-H) FC</p>	<p><b>27</b></p> <p>7:00 Boot Camp (H) FC 8:00 Cardio Variety (L-M) FC <b>8:30 Men's Breakfast- FC</b> 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC <b>1:00 Adult Pickleball - FC</b> 4:45 Yoga (V) FC</p>
	<p><b>30</b></p> <p>7:00 Boot Camp (H) FC 8:00 Balance &amp; Core (L-M) FC 9:00 Senior Fitness (L-M) FC 10:30 Power Circuit (M-H) FC 5:00 Body Sculpt (M-H) FC</p>	<p><b>31</b></p> <p>8:30 Yoga (V) FC <b>9:30 Art Class w/ Trish - TBD - FA</b> 10:00 Cardio Kickboxing (M) FC 5:30 POUND - Rockout. Workout.® (M-H) FC 6:00 Yoga (V) FC</p>			

