

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym	<b>2</b> Table Tennis, 6:00-7:30a Ask-A-PT, 10:00a-11:00a WITS Workouts, 10:45a-11:45a Stolle Center Chair Yoga, 11:30a-12:30p, LL Studio "Y-Sew-Fun" Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym	<b>3</b> Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p La Comedia, Cinderella, 10:00a-4:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym	<b>4</b> Table Tennis, 6:00-7:30a Pickleball, 7:00p-9:00p, LL Gym	<b>5</b> Pickleball, 7:00a-7:00p
<b>6</b> Pickleball, 12:00p-6:00p LL Gym	<b>7</b> Table Tennis, 6:00-7:30a Birthday Celebrations WITS Workouts, 10:45a-11:45a Pickleball, 7:00p-9:00p, LL Gym	<b>8</b> Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym	<b>9</b> Table Tennis, 6:00-7:30a "Y-Sew-Fun" Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym	<b>10</b> Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym	<b>11</b> Table Tennis, 6:00-7:30a Pickleball, 7:00p-9:00p, LL Gym	<b>12</b> Pickleball, 7:00a-7:00p
<b>13</b> Pickleball, 12:00p-6:00p LL Gym	<b>14</b> Table Tennis, 6:00-7:30a Mexican Train Dominoes, 10a-11:30a Movie and Popcorn, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym	<b>15</b> Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym	<b>16</b> Table Tennis, 6:00-7:30a Medicare and Muffins, 9:30a-11:30a WITS Workouts, 10:45a-11:45a Stolle Center Chair Yoga, 11:30a-12:30p, LL Studio "Y-Sew-Fun" Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym	<b>17</b> Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym	<b>18</b> Table Tennis, 6:00-7:30a Pickleball, 7:00p-9:00p, LL Gym SENIOR PROM!! 7:00p-9:00p Event Center, Short Term Memories Band performing	<b>19</b> Pickleball, 7:00a-7:00p
<b>20</b> Pickleball, 12:00p-6:00p LL Gym	<b>21</b> Table Tennis, 6:00-7:30a WITS Workouts, 10:45a-11:45a Pickleball, 7:00p-9:00p, LL Gym	<b>22</b> Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym	<b>23</b> Table Tennis, 6:00-7:30a Bingo, 10:00a-11:30a Y-Sew-Fun" Sewing Group, 12:30p Pickleball, 7:00p-9:00p, LL Gym	<b>24</b> Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym	<b>25</b> Table Tennis, 6:00-7:30a Pickleball, 7:00p-9:00p, LL Gym	<b>26</b> Pickleball, 7:00a-7:00p
<b>27</b> Pickleball, 12:00p-6:00p LL Gym	<b>28</b> Table Tennis, 6:00-7:30a Mexican Train Dominoes, 10a-11:30a Pickleball, 7:00p-9:00p, LL Gym	<b>29</b> Table Tennis, 6:00-7:30a Bridge, 9:00a-4:00p Pickleball, 7:00p-9:00p, LL Gym	<b>30</b> Table Tennis, 6:00-7:30a Free Glucose and Blood Pressure Screenings, 9:00a-11:00a Aquarium and Lunch Day Trip, 10:00a-4:00p Y-Sew-Fun, Sewing Group, 12:00p Pickleball, 7:00p-9:00p, LL Gym	<b>31</b> Table Tennis, 6:00-7:30a Euchre, 9:00a-12:00p Mahjong, 1:00p-3:00p Book Club, 1:00p-3:00p Pickleball, 7:00p-9:00p, LL Gym		

# Spring, Summer I & II | April 24 - August 20

## 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	
Stretch, Tone, & Balance	9:00	30	LLS	Staff	1	
Renew Yoga	9:15	60	SS	Susan	A	
Gentle Pilates	9:45	60	LLS	Connie	A	
Hi/ Low Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Holly	A	
Community Arthritis Aqua +	12:00	45	SCP	Jillian	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Active Flow Yoga	6:00	75	SS	Karen	A	
Rocking The Waves	6:15	60	SCP	Becky	2	

### WEDNESDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Sue	A	
Time To Stretch	8:00	30	SS	Connie	A	
Aquasize	9:00	50	SCP	Sue	2	
Stretch, Tone & Balance	9:00	30	LLS	Staff	1	
Gentle Pilates	10:30	60	SS	Connie	A	
Hi/Lo Aerobics	10:30	50	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Kendal	1	
Zumba Basics	11:30	45	S2	Chiaki	A	
Community Arthritis Aqua +	12:00	45	SCP	Jillian	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Rocking The Waves	6:15	60	SCP	Kathy	2	

### FRIDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro to Water Fitness	8:00	45	SCP	Bonnie	A	
Time To Stretch	8:00	30	SS	Kelly R	A	
Aquasize	9:00	50	SCP	Bonnie	2	
Stretch, Tone & Balance	9:00	30	LLS	Kelly R	1	
Gentle Yoga	9:15	60	SS	Tracy	A	
Hi/Lo Aerobics	10:30	30	S2	Gloria	1-2	
Senior Sit & Tone	10:45	30	S1	Destiny	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Zumba	6:00	60	S2	Terrie	A	

### SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	
Yoga Flow	8:45	60	SS	Hannah	A	
Hi/Lo Aerobics	10:15	50	S2	Kelly R	1-2	

### 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	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Yin Yoga	9:15	60	SS	Laura	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Community Arthritis Aqua	12:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Slow Flow Yoga	5:45	60	SS	Jennifer	A	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Rhonda	3	

### THURSDAY

MORNING/AFTERNOON	START	🕒	ROOM	LED BY	IL	
Intro To Water Fitness	8:00	45	SCP	Tracy	A	
Aquasize	9:00	50	SCP	Tracy	2	
Total Body Conditioning	9:15	60	SFR	Bill	A	
Slow Flow Yoga	9:15	60	SS	Jennifer	A	
Aqua Stretch-N-Tone	10:00	30	SCP	Tracy	1	
Community Arthritis Aqua +	12:00	45	SCP	Tracy	1	
EVENING	START	🕒	ROOM	LED BY	IL	
Shape With Weights	6:00	50	S2	Gloria	1-2	
Hydro Burn	6:15	60	SCP	Rhonda	3	

### 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
- Age Limit