



Fitness classes are FREE for Dare County Residents over the age of 55. For visitors or those under 55, there is a cost of \$3/class or \$15/month.  For fitness class descriptions and more information, please visit our website: <a href="http://www.darenc.gov/fessenden">www.darenc.gov/fessenden</a> <b>KEY:</b>	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>● FC- Fessenden Center</li> <li>● FA- Fessenden Annex (the old PNC Bank in Buxton)</li> <li>● VP-Vacasa Pool</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>Contact April Bodiford at (252) 475-5647 or at <a href="mailto:bodiforda@darenc.gov">bodiforda@darenc.gov</a> for further details on the virtual classes.</p> <p>***Saturday Classes***</p> <p>7/6- 7:00AM Watermelon Workout- Fessenden Soccer Field. (No Zumba or WARRIOR)</p> <p>All other Saturdays</p> <p>8:30-9:15 Chair Yoga (L)-FC</p> <p>9:30-10:30 Mindful Yoga (L)-FC</p> <p>8:00AM Zumba (M)</p> <p>9:30AM- WARRIOR Strength (M-H)</p>	<p><b>1</b> 8:00 Balance &amp; Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live &amp; Virtual  <b>Canceled: Boot Camp</b></p>	<p><b>2</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Beginner Pickleball - FC 11:00 Intermediate Pickleball - FC 1:00 Advanced Pickleball 1-3:00 pm-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FC Live &amp; Virtual Live</p>	<p><b>3</b> 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual- FC 1:00 Power Circuit- (H)-FC Live 5:15- Zumba (M-H)-FC- Live 5:00-7:00 Adult Pickleball Open Play-FC 7:00-9:00 Men's Basketball-FC  <b>Canceled: Boot Camp</b></p>	<p><b>4</b>  <b>Closed for Independence Day</b></p>	<p><b>5</b> 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 10:00 First Friday Coffee Hour - FC Kitchen 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength &amp; Core- (M) FC-Live</p>
	<p><b>8</b> 7:00 Boot Camp (H)- FC- Live 8:00 Balance &amp; Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live &amp; Virtual</p>	<p><b>9</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 8:30-11:00 Adult Pickleball Open Play-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FC Live &amp; Virtual-Live</p>	<p><b>10</b> 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 4:00- Zumba (M-H)-FC- Live 5:00-7:00 Adult Pickleball Open Play-FC 7:00-9:00 Men's Basketball-FC  <b>Canceled: Boot Camp</b></p>	<p><b>11</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 8:30-11:00 Adult Pickleball Open Play - FC 9:30 Yoga- (V)- FC-Live  <b>Canceled: Tai Chi &amp; Barre Burn</b></p>	<p><b>12</b> 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength &amp; Core- (M) FC-Live</p>
	<p><b>15</b> 8:00 Balance &amp; Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live &amp; Virtual  <b>Canceled: Boot Camp</b></p>	<p><b>16</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Beginner Pickleball - FC 11:00 Intermediate Pickleball - FC 1:00 Advanced Pickleball 1-3:00 pm-FC 4:00 Yoga-(V)-F-Live 5:15 POUND - Rockout. Workout.® (M-H)-FC Live &amp; Virtual-Live</p>	<p><b>17</b> 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 11:00 Adult Luncheon - Diamond Shoals 1:00 Power Circuit- (H)-FC Live 5:15- Zumba (M-H)-FC- Live 5:00-7:00 Adult Pickleball Open Play-FC (canceled if raining) 7:00-9:00 Men's Basketball-FC</p>	<p><b>18</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Beginner Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Advanced Pickleball 1-3:00 - FC 2:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live &amp; Virtual -FC</p>	<p><b>19</b> 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 10:00 Paint-by-Number Flowers - FA 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength &amp; Core- (M) FC-Live</p>
	<p><b>22</b> 7:00 Boot Camp (H)- FC- Live 8:00 Balance &amp; Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 1:30 Fessenden Book Club - FC Kitchen 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live &amp; Virtual</p>	<p><b>23</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 12:30-3:00 Adult Pickleball Open Play-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FA Live &amp; Virtual -Live</p>	<p><b>24</b> 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 5:15- Zumba (M-H)-FC- Live 5:00-7:00 Adult Pickleball Open Play-FC 7:00-9:00 Men's Basketball-FC</p>	<p><b>25</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)-VP 9:30 Yoga- (V)- FC-Live 2:00 Tai Chi-(L)-FC 12:30-3:00 Adult Pickleball Open Play-FC 5:15 Barre Burn (M-H) - Live &amp; Virtual -FC</p>	<p><b>26</b> 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00-3:00 Adult Pickleball Open Play - FC 1:00 Power Circuit- (H)-FC Live 4:00 Strength &amp; Core- (M) FC-Live</p>
	<p><b>29</b> 7:00 Boot Camp (H)- FC- Live 8:00 Balance &amp; Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live &amp; Virtual</p>	<p><b>30</b> 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 11:30-3:00 Adult Pickleball- Open Play-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FA Live &amp; Virtual -Live</p>	<p><b>31</b> 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live &amp; Virtual 1:00 Power Circuit- (H)-FC Live 5:15- Zumba (M-H)-FC- Live 5:00-7:00 Adult Pickleball Open Play-FC 7:00-9:00 Men's Basketball-FC</p>		

# **FITNESS CALENDAR**