

November 2025

	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 8:30am Intro to exercise No Classes in Splash Pad Building due to Elections	4 8:30am Intro to exercise	5 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	6 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	7 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	8
9	10 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	11  8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	12 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	13 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	14 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	15
16 <u>Fitness Room Hours:</u> Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	17 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	18 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	19 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 12:30 Computer Literacy *5:15pm TRX	20 *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 6:45pm Trim & Tone*	21 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	22 Wheelchair Basketball Demo at Valdese Community Center Time TBD
23	24 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:30pm Power Hour 6:45pm Trim & Tone*	25 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Tai Chi	26 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance FACILITY CLOSSES AT 5:00PM	27 Thanksgiving Day- Facility Closed 	28 *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i> 5:30pm Tai Chi	29
30 ***8:30am Intro to exercise class offered in place of Aquacise classes, currently. When the pool reopens the intro to exercise will switch back over to Aquacise.***						