



Fitness & Events August 2024

Phone: 252.475.5650 email: fessenden@darenc.gov

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.	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<p>For fitness class descriptions and more information, please visit our website: www.darenc.gov/fessenden</p> <p>KEY:</p> <ul style="list-style-type: none"> FC- Fessenden Center FA- Fessenden Annex (the old PNC Bank in Buxton) VP-Vacasa Pool (L)- Low Intensity (M)- Medium Intensity (H)- High Intensity (V)- Varied intensity all levels encouraged <p>Contact April Bodiford at (252) 475-5647 or at bodiforda@darenc.gov for further details on the virtual classes.</p>				<p>1 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC</p> <p>Canceled: Tai Chi and Barre Burn</p>	<p>2 8:00 Cardio Variety- (L-M)-FC- Live 10:00 First Friday Coffee Hour - FC Kitchen 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength & Core- (M) FC-Live</p> <p>Canceled: Power Circuit and Low Impact Training</p>
<p>***Saturday Classes***</p> <p>8:30-9:15 Chair Yoga (L)-FC 9:30-10:30 Mindful Yoga (L)-FC</p>	<p>5 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>6 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 pm-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live</p>	<p>7 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & 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>8 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 2:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>9 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength & Core- (M) FC-Live</p>
<p>8:00AM Zumba (M) 9:30AM- WARRIOR Strength (M-H)</p> <p>Zumba and WARRIOR Strength Canceled on 8/3</p>	<p>12 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>13 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 KDH Library "Universe" Excursion 12:30-3pm Open Play Pickleball 4:00 Yoga-(V)-F-Live 5:15 POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live</p>	<p>14 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & 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>15 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:30 Yoga- (V)- FC-Live 10:00 Quilling with Patti - FA 12:30-3pm Open Play Pickleball</p> <p>Canceled: Tai Chi & Barre Burn</p>	<p>16 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC 4:00 Strength & Core- (M) FC-Live</p>
<p>8:00AM Zumba (M) 9:30AM- WARRIOR Strength (M-H)</p> <p>Zumba and WARRIOR Strength Canceled on 8/3</p>	<p>19 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>20 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 10:00 Miniatures and Models Class - FA 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 pm-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FA Live & Virtual-Live</p>	<p>21 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 12:00 Adult Luncheon - Froggy Dog 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>22 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)-VP 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 10:00-1:00 Outer Banks Health Coach - FA 11:00 Intermediate Pickleball - FC 12:00 Advanced Planning Lunch/Learn - FA 1:00 Beginner Pickleball 1-3:00 - FC 2:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>23 8:00 Cardio Variety- (L-M)-FC- Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00-3:00 Adult Pickleball Open Play - FC 1:00 Power Circuit- (H)-FC Live 4:00 Strength & Core- (M) FC-Live</p>
<p>8:00AM Zumba (M) 9:30AM- WARRIOR Strength (M-H)</p> <p>Zumba and WARRIOR Strength Canceled on 8/3</p>	<p>26 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>27 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 pm-FC 4:00 Yoga-(V)-F -Live 5:15 POUND - Rockout. Workout.® (M-H)-FA Live & Virtual-Live</p>	<p>28 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 9:00 Low Impact Training (L-M) FC-Live & 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>29 8:00 Water Aerobics- (L)- VP 9:00 Water Yoga- (L)- VP 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 2:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>30 8:00 Cardio Variety- (L-M)-FC- Live 8:30 Men's Breakfast - Meet in Lobby 9:00 Low Impact Training (L-M) FC-Live & Virtual 1:00-3:00 Adult Pickleball Open Play - FC 1:00 Power Circuit- (H)-FC Live 4:00 Strength & Core- (M) FC-Live</p>

FITNESS CALENDAR