



Fitness & Events October 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 9:00 Advanced Pickleball - FC 10:00 Flu Clinic/Food Pantry 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)-FC Live & Virtual-Live</p>	<p>2 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball-FC</p>	<p>3 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 3:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>4 8:00 Cardio Variety- (L-M)-FC- Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3:00 Adult Pickleball Open Play - FC</p> <p>Canceled: Strength and Core</p>	
<p>***Saturday Classes***</p> <p>8:00AM Zumba (M)-FC 9:30AM- WARRIOR Strength (M-H)-FC</p> <p>10/12 Fit-A-Thon For HICF 7:00 AM- 5:00 PM All day fitness classes and Pickleball tournament</p>	<p>7 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>8 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>9 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball-FC</p>	<p>10 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 3:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>11 8:00 Cardio Variety- (L-M)-FC- Live 11:00 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>14 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>15 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>16 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 1:00 Power Circuit- (H)-FC Live 1:30 Candy Bingo - FC 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball-FC</p> <p>Canceled- Low Impact Training</p>	<p>17 9:00 Advanced Pickleball - FC 8:00 Ocracoke Red Van Day Trip 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 pm-FC 3:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>18 8:00 Cardio Variety- (L-M)-FC- Live 11:00 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 5:15 Bounce!- (M-H) FC-Live</p>	
<p>21 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:30 Fessenden Book Club - FC Kitchen 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>22 9:00 Advanced Pickleball - FC 10:00 Air Dry Clay Ghosts - FC Kitchen 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>23 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball-FC</p>	<p>24 9:00 Advanced Pickleball - FC 9:00 Elizabethan Gardens Pumpkin Trip 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 3:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>25 8:00 Cardio Variety- (L-M)-FC- Live 11:00 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 5:15 Bounce!- (M-H) FC-Live</p>	
<p>28 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30 Red Foam Ball Tennis - FC 11:00 Low Impact Training (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>29 9:00 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 12:00 Eat & Learn- The Great Pumpkin-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>30 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M) FC-Live & Virtual 12:00 Adult Luncheon - DD Crab House 1:00 Power Circuit- (H)-FC Live 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball-FC</p>	<p>31 9:00 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 1:00 Beginner Pickleball 1-3:00 - FC 3:00 Tai Chi-(L)-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>		

FITNESS CALENDAR