



Fitness & Events November 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. For fitness class descriptions and more information, please visit our website: www.DareNC.gov/Fessenden KEY:	MONDAY	TUESDAY	Wednesday	Thursday	Friday
<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>***Saturday Classes*** 8:30-9:15 Chair Yoga (L)-FC 9:30-10:30 Mindful Yoga (L)-FC 8:00AM Zumba (M) 9:30AM- WARRIOR Strength (M-H) 2024 Fit-A-Thon & PickleBall Tournament for HICF 7:00 AM - 5:00 PM 11/16/24 5 PM -10 PM Outdoor Tennis and Pickleball also available Sat. & Sun.</p> <p>No Saturday Classes 11/16 or 11/30</p>					<p>1 8:00 Cardio Variety- (L-M)-FC- Live 11:00 Low Impact Trng (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 5-10:00 p.m. Outdoor Tennis & Pickleball-FC</p>
	<p>4 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC- Live 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 WARRIOR Rhythm Yoga(M)-FC-Live & Virtual</p>	<p>5 8:30 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 pm-FC 4:00 Yoga-(V)-FC -Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 POUND - Rockout. Workout.® (M-H)-FC Live & Virtual</p>	<p>6 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:00-7:00 Adult Pickleball Open Play-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball 18+-FC</p>	<p>7 8:30 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 - FC 3:00 Tai Chi-(L)-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>8 8:00 Cardio Variety- (L-M)-FC- Live 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 4:00 Strength & Core- (M) FC- Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC</p> <p>Pickleball Canceled</p>
	<p>11</p> <p>Closed for Veteran's Day</p>	<p>12 8:30 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 pm-FC 4:00 Yoga-(V)-FC-Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 POUND - Rockout. Workout.® (M-H)-FC Live & Virtual</p>	<p>13 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 10:00-12:00 Flu/Covid Vaccine Clinic - FA 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:30 Gobble Gobble Bingo - FC 4:30 Pickleball Conditioning -(M)-FC-Live 5:00-7:00 Adult Pickleball Open Play-FC 5-10:00 p.m. Outdoor Tennis & Pickleball -FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball 18+-FC</p>	<p>14 9:30 Yoga- (V)- FC-Live 9:00 Seagreen Gallery/Lunch Van Trip 8:30 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 pm-FC 3:00 Tai Chi-(L)-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>15 8:00 Cardio Variety- (L-M)-FC- Live 11:00 Low Impact Trng (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-FC 5-10:00 p.m. Outdoor Tennis & Pickleball</p>
	<p>18 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30 Outer Banks Mall Shopping Trip 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 1:30 Fessenden Book Club - FC Kitchen 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 WARRIOR Rhythm Yog (M)-FC Live & Virtual</p>	<p>19 8:30 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 12:00 Adult Luncheon - Frisco Bay Grill 2:00 Beginner Pickleball 2-3:00 pm-FC 4:00 Yoga-(V)-FC -Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 POUND - Rockout. Workout.® (M-H)-FA Live & Virtual</p>	<p>20 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 10:00 Guided Painting with Trish - FA 11:00 Low Impact Trng (L-M) FC- Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:00-7:00 Adult Pickleball Open Play-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball 18+-FC</p>	<p>21 8:30 Advanced Pickleball - FC 9:30 Yoga- (V)- FC-Live 10:00 Wine Cork Crab Craft - FA 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 - FC 3:00 Tai Chi-(L)-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 Barre Burn (M-H) - Live & Virtual -FC</p>	<p>22 8:00 Cardio Variety- (L-M)-FC- Live 11:00 Low Impact Trng (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 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 Bounce!- (M-H) FC- Live</p>
	<p>25 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 WARRIOR Rhythm Yoga(M)-FC Live & Virtual</p>	<p>26 8:30 Advanced Pickleball - FC 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball 2-3:00 pm-FC 4:00 Yoga-(V)-FC -Live 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15 POUND - Rockout. Workout.® (M-H)-FA Live & Virtual</p>	<p>27 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Trng (L-M) FC-Live & Virtual 1:00 Power Circuit- (H)-FC Live 5:00-7:00 Adult Pickleball Open Play-FC 5-10:00 p.m. Outdoor Tennis & Pickleball-FC 5:15- WARRIOR Combat (M-H)-FC- Live 7:00-9:00 Men's Basketball 18+-FC</p>	<p>28</p> <p>Closed for Thanksgiving</p>	<p>29</p> <p>Closed for Thanksgiving</p>

FITNESS CALENDAR