



Fitness & Events April 2026

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 FC Annex- Fessenden Annex (the old PNC Bank in Buxton) HRP- Hatteras Realty 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 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 1:00 Power Circuit- (H)-FC Live 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ - FC</p> <p>Canceled: Low Impact Training</p>	<p>2 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 11:00 Tai Chi-(L)-FC-Live 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 5:15 Barre Burn (M-H) - Live & Virtual -FC Annex</p>	<p>3 Closed for Good Friday</p>
<p>***Saturday Classes*** 8:30AM- WARRIOR Strength (M-H)-FC</p>	<p>6 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30-10:30 Pickleball Open Play 11:00 Low Impact Training (L-M)FC Live&Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>7 8:30 Advanced Pickleball -FC 11:00 Zumba (M)-FC-Live 11:00 Intermediate Pickleball -FC 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC Annex</p>	<p>8 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 5:00 Pickleball Open Play 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ - FC</p>	<p>9 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 10:00 Frisco Mini Golf/Lunch Van Trip 1:00 WARRIOR Revolution (cycle)- (H)-FA** 1:00 Tai Chi-(L)-FC-Live 11:00 Intermediate Pickleball - FC 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 5:15 Barre Burn (M-H) - Live & Virtual -FC Annex</p>	<p>10 8:00 Cardio Variety- (L-M)-FC- Live 10:00 Diamond Dot Friday - FC Kitchen 11:00 Low Impact Training (L-M)FC Live&Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3 Open Play Pickleball - FC 4:00 Strength & Core- (M) FC-Live 5:15 WARRIOR Revolution (cycle)- (H)-FC Annex**</p>
<p>** Reserve your bike for WARRIOR Revolution classes and get updates on pop ups at the Team Reach app. Ask April for details**</p>	<p>13 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30-10:30 Pickleball Open Play 10:00 Quilt Square Painting - FC Annex 11:00 Low Impact Training (L-M)FC-Live&Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>14 8:30 Advanced Pickleball -FC 11:00 Zumba (M)-FC-Live 11:00 Intermediate Pickleball -FC * 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC Annex</p>	<p>15 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 1:30 Spicy Bingo FC Annex 5:00 Pickleball Open Play 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ -FC</p>	<p>16 8:00 Ocracoke Day Trip 8:30 Advanced Pickleball -FC 9:00-12:00 Haircuts by Chloe FC Kitchen 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 11:00 Tai Chi-(L)-FC-Live 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 5:15 Barre Burn (M-H) - Live & Virtual - FC Annex</p>	<p>17 8:00 Cardio Variety- (L-M)-FC- Live 10:00 Diamond Dot Friday - FC Kitchen 11:00 Low Impact Training (L-M)FC Live&Virtual 1:00 Power Circuit- (H)- FC- Live 1:00-3 Open Play Pickleball - FC 4:00 Strength & Core- (M) FC-Live 5:15- Sushi with Ian- FC kitchen</p>
	<p>20 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30-10:30 Pickleball Open Play 11:00 Low Impact Training (L-M)FC-Live&Virtual 1:00 Power Circuit- (H)-FC Live 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>21 8:30 Advanced Pickleball -FC 11:00 Zumba (M)-FC-Live 11:00 Intermediate Pickleball -FC 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC Annex</p>	<p>22 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 5:00 Pickleball Open Play 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ -FC</p>	<p>23 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 11:00 Tai Chi-(L)-FC-Live 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 5:15 Barre Burn (M/H) - Live & Virtual -FC Annex</p>	<p>24 8:00 Cardio Variety- (L-M)-FC- Live 10:00 Diamond Dot Friday - FC Kitchen 11:00 Low Impact Training (L-M)FC Live&Virtual 1:00 Power Circuit- (H)-FC Live 1:00-3 Open Play Pickleball - FC 4:00 Strength & Core- (M) FC-Live 5:15 WARRIOR Revolution (cycle)- (H)-FC Annex**</p>
	<p>27 7:00 Boot Camp (H)- FC- Live 8:00 Balance & Core (L-M)- FC-Live 8:30-10:30 Pickleball Open Play 11:00 Low Impact Training (L-M)FC-Live&Virtual 1:00 Power Circuit- (H)-FC Live 1:30 Fessenden Book Club - FC Kitchen 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual</p>	<p>28 8:30 Advanced Pickleball -FC 10:00-1:00 Ask A Master Gardener-FC lobby 11:00 Zumba (M)-FC-Live 11:00 Intermediate Pickleball -FC 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC Annex</p>	<p>29 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 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ -FC</p> <p>5:00 Pickleball Open Play Cancelled</p>	<p>30 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 11:00 Tai Chi-(L)-FC-Live 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 2:00 Beginner Pickleball/Youth Ages 10-17 5:15 Barre Burn (M-H) - Live & Virtual -FC Annex</p>	