COUNTY OF DARE

The Fessenden Center

WWW.DARENC.COM

Fitness & Events May 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:

- **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**

Contact April Bodiford at (252) 475-5647 or at bodiforda@darenc.gov for further details on the virtual classes.

*****Saturday Classes*****

8:30AM- WARRIOR Strength (M-H)-FC

Canceled 5/2, 5/16

**** Reserve your bike for WARRIOR Revolution classes and get updates on pop ups at the Team Reach app. Ask April for details****

MONDAY	TUESDAY	Wednesday	Thursday	Friday
				1 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**
4 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	**5** 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 **Canceled: POUND**	**6** 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 **5pm Open Pickleball TBD**	**7** **8:30-10am Open Play Pickleball** 9:30 Yoga- (V)- FC-Live 11:00 Tai Chi-(L)-FC-Live **11:00 Advanced Directive Workshop - FC Kitchen** 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** **1-3pm Open Play Pickleball** 5:15 Barre Burn (M-H) - Live & Virtual -FC Annex	**8** 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**
11 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	**12** 8:30 Advanced Pickleball -FC **10:00 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	**13** 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live **10:00 Painted Daisy Windchime Class FC Kitchen** 11:00 Low Impact Training (L-M)FC Live&Virtual **12:30 Blooming Bingo FC Gym** 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	**14** 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	**15** 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 Nutrition- Cooking with Tofu Workshop-FC kitchen**
18 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	**19** 8:30 Advanced Pickleball -FC 11:00 Zumba (M)-FC-Live 11:00 Intermediate Pickleball -FC **11:30 Adult Luncheon-Frisco Bay Coastal Grill** 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	**20** 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M)FC Live&Virtual 12:30 Blooming Bingo - FC Gym 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	**21** 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live **10:00 Quilling with Patti - FC Kitchen** 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	**22** 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**
25 Closed for Memorial Day	**26** 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	**27** 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live **10:00 Dare Arts Workshop - FC Annex** 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	**28** 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 2:00 Beginner Pickleball/Youth Ages 10-17 **Canceled: Tai Chi, Barre Burn, WARRIOR Revolution**	**29** 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