



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: <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 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: 6/6 8: 30 AM Chair Yoga- (L)- FC 9:30 AM Mindful Yoga (L)- FC ** 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 Balance & Core (L-M)- FC-Live 8:30-10:30 Pickleball Open Play 11:00 Low Impact Training (L-M)FC-Live Only 1:00 Power Circuit- (H)-FC Live Canceled: Boot Camp, WARRIOR Rhythm Roots & WARRIOR Rhythm	2 8:30 Advanced Pickleball -FC 11:00 Intermediate Pickleball -FC 2:00 Beginner Pickleball & Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex Canceled: Zumba, WARRIOR Revolution, POUND	3 7:00 Boot Camp (H)- FC- Live 8:00 Step Plus- (M)- FC-Live 11:00 Low Impact Training (L-M)FC Live Only 1:00 Power Circuit- (H)-FC Live 5pm Adult Pickleball Open Play 7-9pm Men's Open Gym Ages 18+ - FC Canceled: WARRIOR Combat	4 8:30 Advanced Pickleball 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball 2:00 Beginner Pickleball & Youth Ages 10-17 Canceled: Tai Chi, WARRIOR Revolution, Barre Burn	5 8:00 Cardio Variety- (L-M)-FC- Live 10:00 Diamond Dot Friday - FC Kitchen 11:00 Low Impact Training (L-M)FC Live Only 1:00 Power Circuit- (H)-FC Live 1:00-3 Open Play Pickleball - FC 4:00 Strength & Core- (M) FC-Live
	8 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 Only 1:00 Power Circuit- (H)-FC Live Canceled: WARRIOR Rhythm Roots, WARRIOR Rhythm	9 8:30 Advanced Pickleball -FC 11:00 Intermediate Pickleball -FC 2:00 Beginner Pickleball & Youth Ages 10-17 4:00 Yoga-(V)-F -Live FC Annex Canceled: Zumba, WARRIOR Revolution, POUND	10 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 5pm Adult Pickleball Open Play 7-9pm Men's Open Gym Ages 18+ - FC Canceled: WARRIOR Combat	11 8:30 Advanced Pickleball 9:30 Yoga- (V)- FC-Live 10:00 Pressed Flower Bud Vases class-FC kitchen 11:00 Tai Chi-(L)-FC-Live 11:00 Intermediate Pickleball 2:00 Beginner Pickleball & Youth Ages 10-17 Canceled: WARRIOR Revolution & Barre Burn	12 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
	15 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 Canceled: 6/6	16 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	17 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 5pm Adult Pickleball Open Play 5:15 WARRIOR Combat (kickboxing) -(M-H)-Live FC 7-9pm Men's Open Gym Ages 18+ -FC	18 8:30 Advanced Pickleball -FC 9:30 Yoga- (V)- FC-Live 11:00 Intermediate Pickleball - FC 11:00 Tai Chi-(L)-FC-Live 12:00 Adult Luncheon- Dirty Dicks - Avon Annex** 2:00 Beginner Pickleball & Youth Ages 10-17 5:15 Barre Burn (M-H) - Live & Virtual - FC	19 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
	22 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 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual Pickleball Cancelled	23 8:00 Water Aerobics-(L)-HRP 9:00 Water Yoga- (L)--HRP 10-12:00 Ask A Master Gardener - FC lobby 12:30-3 Open Play Adult Pickleball 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC Canceled: Zumba & WARRIOR Revolution	24 8:00 Step Plus- (M)- FC-Live 10:00 Dare Arts Power of Art Class - FC Annex 11:00 Low Impact Training (L-M)FC Live&Virtual 1:00 Power Circuit- (H)-FC Live 5pm Adult Pickleball Open Play 7-9pm Men's Open Gym Ages 18+ -FC Canceled: Boot Camp, & WARRIOR Combat	25 8:00 Water Aerobics-(L)-HRP 9:00 Water Yoga- (L)--HRP 9:30 Yoga- (V)- FC-Live 11:00 Tai Chi-(L)-FC-Live 12:30-3 Open Play Adult Pickleball 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 5:15 Barre Burn (M/H) - Live & Virtual -FC	26 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 12:30-3 Open Play Adult Pickleball 1:00 Power Circuit- (H)-FC Live 4:00 Strength & Core- (M) FC-Live
	29 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 4:00 WARRIOR Rhythm Roots-(L)- FC-Live 5:15 WARRIOR Rhythm Yoga- (M)-FC- Live & Virtual Canceled: Boot Camp Pickleball Cancelled	30 8:00 Water Aerobics-(L)-HRP 9:00 Water Yoga- (L)--HRP 11:00 Zumba (M)-FC-Live 12:30-3 Open Play Adult Pickleball 1:00 WARRIOR Revolution (cycle)- (H)-FC Annex** 4:00 Yoga-(V)-F -Live FC Annex 5:15- POUND - Rockout. Workout.® (M-H)-FC Live & Virtual-Live FC			