

Functional Fitness Fix

Improve energy, balance, strength and activities of daily living! Renae has a Master's in Health Education. She will help you develop a personalized program to feel better and perform day to day activities with more ease!

Mondays: 5:30-6:00 & 6-6:30 PM

Wednesdays: 6:00-6:30 PM, None offered November 27th.

Saturdays, : 9:00-9:30 AM & 9:30-10 AM, November 9th & 16th
Sign up at either of the ARC Member Service desks today! Each session is 30 min. long.

\$20 for one person | \$30 for two people

Fitness Equipment Orientation

Members who wish to utilize the fitness center are required to complete a 30-minute orientation.

Wednesdays, 5:00-5:30 PM & 5:30-6:00 PM,

No orientation on November 27th.

Fridays, 9:30-10:00 AM

No orientation on November 29th.

Register for your time slot at either of the ARC Members Service desks or by calling 888-9099.

Ongoing Monthly Pickleball Schedule

Monday: 6:30 AM-7:00 PM

Tuesday: 3:00-7:00 PM

Wednesday: 6:30 AM-7:00 PM

Thursday: 6:30 AM-7:00 PM

Friday: 6:30 AM-4:00 PM

Saturday: 8 AM-12 PM

No Pickleball Saturday, November 2nd & 9th.

WALKING TRACK AND FITNESS CENTER HOURS

MONDAY-THURSDAY 6:30 AM-7:00 PM

FRIDAY 6:30 AM-4:00 PM

SATURDAY 8:00 AM-12:00 PM

All courts are open play.

If there are more than 4 people waiting for a court, play rally scoring or reduce game points to make for a faster game. Always be a good sport; be courteous to your fellow players.