

## 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 None offered February 17th.

Wednesdays: 6:00-6:30 PM None offered February 19th

Saturdays: Feb. 1st & 8th, 9:00—9:30 AM & 9:30—10:00 AM

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, There will not be orientation on February 19th.

Fridays, 9:30-10:00 AM

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

## Pickleball Schedule

CHECK AT THE MEMBER SERVICE DESK FOR A COMPLETE FEBRUARY SCHEDULE.

## 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.