

## 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**

**Saturdays, : 9:00-9:30 AM & 9:30-10 AM, August 10th & 24th**

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**

**Fridays, 9:30-10:00 AM**

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**

**Fridays: 6:30 AM-4:00 PM**

**Saturday: 8 AM-12 PM**

**No Pickleball Thursday, August 22nd after 4 PM.**

## 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.