

**Functional Fitness Fix  
CANCELLED FOR THE MONTH OF MARCH**

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!  
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  
Fridays, 9:30-10:00 AM

Register for your time slot at either of the ARC Members Service desks or by calling 888-9099.  
Wait for your scheduled appointment inside the fitness center.

**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, March 19th after 4 PM.  
No Pickleball Friday, March 20th after 10 AM.

**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.