Littles



Adult Athletics

Ding Dong Drop In	d
Ping Pong Drop-In Tu, Th 8:30-10:30AM	P
Fun and competitive drop-in	
table tennis.	
Centle & Chair Voga \$8-	
M, W, F 9AM M, W 10:30AM \$45 Build strength, increase	
flexibility, & improve balance.	
Basketball \$2-4	
Adult Drop-In M, W, F 12-2PM Pass	
M, W, F12-2PM Pass Drop-In competitive or	
independent for 18+	
Barre Class \$15-	
W - 7-8PM \$60	
Low-impact Pilates yoga and	
ballet workout.	
Barre / HIIT Class \$15-	
F - 10:30-11:30AM \$60	
Full-body workout, intervals of strength and cardio.	
Beginner Barre Class \$15-	
Su - 9:30-10:30AM \$60 Beginner class with flow yoga,	
light workout and barre movement.	
Yin Yoga + Meditation \$50	
Th - 6:15-7:30PM A six-week series of deep	
stretches and relaxation.	
Pickleball \$2-4	
M, W, F 8:30-11:30AM Pass	
Drop-In pickleball, all experience levels welcome.	
Bonus Evening Drop-In Pickleball!	
Saturday, May 6th - 1-4PM	
Friday, May 12th - 6-9PM	

Saturday, May 20th - 1-4PM

Activities

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	Senior Mornings M, W, F 9-11AM Rotating coffee, doughnuts games, newspaper & comm	Free s, nunity.
	Bridge for Beginners W 4-6PM Weekly meetup for anyone new or returning to bridge.	Free
	Senior Day Trip Once-A-Month Visit our Community Cente or website for up to date in	\$10 Pr fo.
	EDWARDS FAMILY	
	AQUATIC CEI	NIER
	OPENING DA SATURDAY, MA RESIDENT FAMILY SEAS	AY Y 27TH ON PASS
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ALL AGES