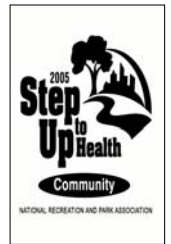



Hadley Park Community Center

Fall 2009 Weekly Program Schedule-*Fitness*

The following activities are offered as part of the fitness program at Hadley Community Center. Some activities (*as indicated) may require a nominal fee of \$2.00 for participation. Daily fitness center admission fees are also \$2.00. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required. For information on any of our program or activities, call us at 862-8451

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am-2:00pm Open Gym	6:00am-2:00pm Open Gym	9:30am-10:30 Core Muscle Training Class Aerobics*	6:00am-2:00pm Open Gym	6:00am-2:00pm Open Gym	9:00-9:45am Aerobics Mix*
10:45-11:00am Seniors Aerobics Strength Training	10.:00-10:45am Seniors Water Aerobics	10:45-11:00am Seniors Aerobics Strength Training	10.:00- 10:45am Seniors Water Aerobics EQUIPMENT ORIENTATIONS & FITNESS ASSESSMENTS	8:00-8:45am Knockout Fitness*	12:00pm-3:00pm Open Basketball Gym
10.:00-10:45am Seniors Water Aerobics	12:00-1:00pm Seniors Indoor Walking Club	10.:00-10:45am Seniors Water Aerobics	12:00-1:00pm Seniors Indoor Walking Club	12:00-1:00pm Seniors Indoor Walking Club	2:00pm-3:00pm Hip-Hop Dance
12:00-1:00pm Seniors Indoor Walking Club	EQUIPMENT ORIENTATIONS & FITNESS ASSESSMENTS	12:00-1:00pm Seniors Indoor Walking Club	EQUIPMENT ORIENTATIONS & FITNESS ASSESSMENTS	1:00-2:00pm W.O.W (Women on Weights)	13 Week Nutrition Class
4:30-5:45pm Capoeira	6:00-7:00pm Teens Pumping Iron	5:00-6:00pm Salsa Dance Class	4:30-6:00pm Capoeira	EQUIPMENT ORIENTATIONS & FITNESS ASSESSMENTS	
6:00-8:00pm Adult Basketball	6:00-6:45pm Aerobics Mix*	6:00-7:00pm Basic Zumba	6:00-7:15pm West African Dance		
6:00-7:00pm Teens Pumping Iron	6:00-8:00pm Co-ed Volleyball	6:00-6:45pm Total Body Challenge	EQUIPMENT ORIENTATIONS & FITNESS ASSESSMENTS		
	7:00-8:30pm West African Dance	7:00-8:00pm Adult Basketball			



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