

PALMS CENTER FITNESS SCHEDULE

Fall Schedule Effective September 7, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a– 12:00p Pickleball Intermediate & Advanced		9:00a– 12:00p Pickleball Intermediate & Advanced		9:00a – 1:00p Table Tennis
9:30a – 10:30a Firm Believers				9:30a – 10:30a Firm Believers	
		10:00a – 11:00a Vitality			
11:00a – 12:00p Gentle Grace Yoga				11:00a – 12:00p Gentle Grace Yoga	
12:00p – 2:00p Adult Basketball		11:15a - 1:15p Adult Basketball		12:00p – 2:00p Adult Basketball	
		1:30p – 2:30p Tai Chi			
	2:00p – 5:00p Pickleball All Play Beginner Lessons (one court)		2:00p – 5:00p Pickleball All Play		
2:30p – 3:30p Chair Yoga					
		4:00p – 8:00p Table Tennis		5:00p – 6:00p Revelation Wellness New Class Alert!!	
6:30p - 8:00p Special Olympics	6:00p – 9:00p SVC		6:00p – 9:00p SVC		
5:30p – 8:00p Trivia Last Monday of the Month	Mark your calendar for upcoming Trivia dates:	August 30 September 27 October 25 Nov/Dec canceled	January 31 February 28 March 28 April 25		
				7:00p – 9:00p More Than Ball	

