



COUNTY OF DARE

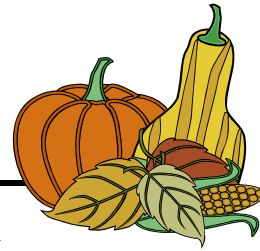
The Fessenden Center

WWW.DARENC.COM

Fitness Coordinator

Suzanne Stark- 475-5709

Fitness Schedule November 2011



Mon	Tue	Wed	Thu	Fri
<p>Fitness Instructors</p> <p>Sarah Hansley Olie Bedell Diane Horan** Andrew Tawes Rebecca Elsen** Joanne Throne** Anna Tucker**</p>	<p>1 8:00 Cardio 9:15 Yoga*</p>	<p>2 7:30 Cardio Varieties 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 6:00 ZUMBA*</p>	<p>3 8:00 Cardio 9:15 Yoga* 5:30 Step & Pilates*</p>	<p>4 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i></p>
<p>7 8:00 Adult Strength training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 5:30 Cardio Varieties*</p>	<p>8 8:00 Cardio 9:15 Yoga*</p>	<p>9 7:30 Cardio Varieties 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 6:00 ZUMBA*</p>	<p>10 8:00 Cardio 9:15 Yoga* 5:30 Step & Pilates*</p>	<p>11 <i>Veterans Day Holiday</i></p>
<p>14 8:00 Adult Strength training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 5:30 Cardio Varieties*</p>	<p>15 8:00 Cardio 9:15 Yoga*</p>	<p>16 7:30 Cardio Varieties 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 6:00 ZUMBA*</p>	<p>17 8:00 Cardio 9:15 Yoga* 5:30 Step & Pilates*</p>	<p>18 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i></p>
<p>21 8:00 Adult Strength training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 5:30 Cardio Varieties*</p>	<p>22 8:00 Cardio 9:15 Yoga*</p>	<p>23 7:30 Cardio Varieties 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 6:00 ZUMBA*</p>	<p>24 <i>Thanksgiving Holiday</i></p>	<p>25 <i>Thanksgiving Holiday</i></p>
<p>28 8:00 Adult Strength training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 5:30 Cardio Varieties*</p>	<p>29 8:00 Cardio 9:15 Yoga*</p>	<p>30 7:30 Cardio Varieties 8:00 Adult Strength Training 9:15 OA Fitness <i>Moderate Intensity</i> 10:30 OA Fitness <i>Low Intensity</i> 6:00 ZUMBA*</p>	<p>Dare County Sponsored classes are free to all residents and property owners * Check with individual instructor for fee</p>	