

Phone: (207) 469-7691
 E-mail:
 Propertymanager@orlandme.org
 Or see our FaceBook page

Orland Community Center

APRIL 2019

All Activities, dates and times are subject to change. **Keep posted for changes through the Orland Community Center FaceBook page**, or by calling (207) 469-7691.

The Orland Fitness Center is open
Mon-Fri 5am-8pm and
Sat & Sun 7am-7pm.
 Fitness Memberships available

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Pickleball & Volleyball FREE for Current members	1 NO PICKLEBALL GYM CONSTRUCTION	2 NO PICKLEBALL Gentle Yoga 9:00-10:15am fee\$13 TRX fee \$10-call 974-7802	3 NO VOLLEYBALL GYM CONSTRUCTION	4 Adult Pickleball 8:30a-10:30a \$2 fee Gentle Yoga 9:00-10:15am fee\$13 No Zumba	5	6
7 TRX fee \$10 Call 974-7802	8 Adult Pickleball 8:30a-10:30a \$2 fee	9 Gentle Yoga 9:00-10:15am fee\$13 Adult Pickleball 6p-8p \$2 fee TRX fee \$10-call 974-7802	10 Adult Volleyball 6-7:30 pm \$2 fee	11 Adult Pickleball 8:30a-10:30a \$2 fee Gentle Yoga 9:00-10:15am fee\$13 ZUMBA 6pm—fee \$5	12	13
14 TRX fee \$10 Call 974-7802	15 Adult Pickleball 8:30a-10:30a \$2 fee	16 Gentle Yoga 9:00-10:15am fee\$13 Adult Pickleball 6p-8p \$2 fee TRX fee \$10---call 974-7802	17 Adult Volleyball 6-7:30 pm \$2 fee	18 Adult Pickleball 8:30a-10:30a \$2 fee Gentle Yoga 9:00-10:15am fee\$13 ZUMBA 6pm—fee \$5	19	20
21 FITNESS CENTER CLOSED (Easter)	22 Adult Pickleball 8:30a-10:30a \$2 fee	23 Gentle Yoga 9:00-10:15am fee\$13 Adult Pickleball 6p-8p \$2 fee TRX fee \$10—call 974-7802	24 Adult Volleyball 6-7:30 pm \$2 fee	25 17 Adult Pickleball 8:30a-10:30a \$2 fee Gentle Yoga 9:00-10:15am fee\$13 ZUMBA 6pm—fee \$5	26	27
28 TRX fee \$10 Call 974-7802	29 Adult Pickleball 8:30a-10:30a \$2 fee	30 Gentle Yoga 9:00-10:15am fee\$13 Adult Pickleball 6p-8p \$2 fee TRX fee \$10-call 974-7802	27 Adult Volleyball 6-7:30 pm \$2 fee	28 Adult Pickleball 8:30a-10:30a \$2 fee Gentle Yoga 9:00-10:15am fee\$13 ZUMBA 6pm—fee \$5	29	ADULT WALKING Adults may walk the building for exercise during business hours EVERYDAY!