

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

Orland Community Center CALENDAR OF ACTIVITIES

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

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

FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PICKLEBALL AND VOLLEYBALL FREE FOR CURRENT MEMBERS	STRENGTH AND CYCLE CLASSES WITH JODY STEVENSON	• ZUMBA • STRENGTH • CYCLE \$5.00/CLASS For current members	<u>ADULT WALKING</u> Adults may walk the building for exercise during business hours EVERYDAY!		1	2 PEE-WEE BASKETBALL For info call Jean 469-7444
3 <u>TRX</u> Fee \$10. call 974-7802	4 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>ZUMBA</u> 6pm—fee \$10.00	5 <u>Gentle Yoga</u> 9:00-10:15am \$13fee <u>TRX</u> Fee \$10. call 974-7802 <u>Adult Pickleball</u> 6p-8p \$2 fee	6 <u>Adult Volleyball</u> 6-7:30 pm—fee \$2	7 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>Gentle Yoga</u> 9:00-10:15am \$13 fee <u>ZUMBA</u> 6pm—fee \$10.00	8	9 PEE-WEE BASKE TBALL Snow date
10 <u>TRX</u> Fee \$10. call 974-7802	11 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>ZUMBA</u> 6:00pm—fee \$10.00	12 <u>Gentle Yoga</u> 9:00-10:15am \$13fee <u>TRX</u> Fee \$10. call 974-7802 <u>Adult Pickleball</u> 6p-8p \$2 fee	13 <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>Adult Volleyball</u> 6-7:30 pm—fee \$2	14 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>Gentle Yoga</u> 9:00-10:15am \$13 fee <u>ZUMBA</u> 6pm—fee \$10.00	15	16
17 <u>TRX</u> Fee \$10. call 974-7802	18 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>ZUMBA</u> 6pm—fee \$10.00	19 <u>Gentle Yoga</u> 9:00-10:15am \$13fee <u>Adult Pickleball</u> 6p-8p \$2 fee <u>TRX</u> Fee \$10. call 974-7802	20 <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>Adult Volleyball</u> 6-7:30 pm—fee \$2	21 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>ZUMBA</u> 6pm—fee \$10.00	22	23
24 <u>TRX</u> Fee \$10. call 974-7802	25 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>ZUMBA</u> 6pm—fee \$10.00	26 <u>Adult Pickleball</u> 6p-8p \$2 fee <u>TRX</u> Fee \$10. call 974-7802	27 <u>Strength Training</u> 4:45-5:45—\$7 <u>Cycle</u> 6:00pm—fee \$7 <u>Adult Volleyball</u> 6-7:30 pm—fee \$2	28 <u>Adult Pickleball</u> 8:30a-10:30a \$2 fee <u>ZUMBA</u> 6pm—fee \$10.00		