# HODDER ANNEX PROGRAM FALL SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walking Track 8:30 – 9:30 am <b>Free</b>	Pilates Simms Performance 9:30 - 10:30 am	Walking Track 8:30 – 9:30 am <b>Free</b>	Step Class Simms Performance 9:30 – 10:30 am	Walking Track 8:30 – 9:30 am <b>Free</b>	Walking Track - 8:30 – 10:45 am <b>Free</b>	Walking Track 8:30 – 9:30 am <b>Free</b>
Chair Yoga Carma Yoga 9:45 - 10:45 am	Giggle Gym 10:45 - 11:45 am	Drop in Pickleball 9:45 - 11:45 am	Energizer Hour 10:45 – 12:30 pm	Crafts & Chats 10:30 – 12:00 pm <b>Free</b>		Drop in Pickle Ball 9:45 - 11:45 am
All Abilities 1:00 – 3:00 pm	Walking Track 12:00 – 1:30 pm <b>Free</b>	After the Bell Ages 5 - 8 3:15 - 4:15 pm	Mini Movers Tree House 1:30 – 3:00 pm	Drop-in Pickle Ball	Giggle Gym 11:00 - 12:00 pm	
Drop in Pickleball 5:30 - 7:30 pm	Cards & Coffee 2:00 - 3:00 pm	Drop in Youth Basketball/ Floor Hockey 4:30 – 5:30 pm	After the Bell Ages 12 - 14 3:15 - 4:15 pm	12:30 - 2:30 pm	Sensory Explorers 12:30 - 1:30 pm	Active Families 12:30– 1:30 pm <b>Free</b>
	After the Bell Ages 9 - 11 3:15 - 4:15 pm	Adult Open Gym 5:45 - 6:45 pm	Walking Track 5:45 – 6:45 pm <b>Free</b>	Youth Zone	*	
Line Dancing with Myra! 7:45 - 8:45 pm	Markus Karate 5:30 – 8:30 pm	ZUMBA with Cheyenne! 7:00 - 8:00 pm	Drop in 18+ Adult Volleyball 7:00 – 8:30 pm	- (Ages 13 - 17) 6:30 - 8:30 pm	* **	
		Drop in 18+ Adult Basketball		INDOOR SHOES REQUIRED FOR ALL ACTIVITIES IN GYM.  PROGRAMS MARKED WITH ** ARE ORGANZIED BY THE TOWN OF DEER LAKE.		

# INFO & PRICING

#### Active Families \*\*

\$2.00 Per Person Enjoy drop in play with your whole family!

#### Adult Open Gym (18+) \*\* \$5.00 Per Drop In

Drop in and enjoy the gym and equipment at your own pace!

### After the Bell (Ages 5 - 8) \*\* ADULT SUPERVISON REQUIRED Free drop in! Play at own pace in the gym!

After the Bell (Ages 9-11/12-14) \*\* Free drop in! Play at own pace in the gym!

#### All Abilities \*\*

Free of Charge A relaxed gym session for adults of all abilities to move, socialize, and stay active in a safe and supportive environment!

#### Cards & Coffee \*\*

\$3.00 Per Drop In Cards, coffee, & good company! Drop in for a fun social morning, we supply the coffee, you bring your favorite card & board games!

#### Chair Fitness with Carma Yoga

To Register: Carma Yoga Facebook Page or email carmmorganehotmail.com Drop in Pickle Ball (17+) \*\*
Light yoga, mindfulness, and \$5.00 Per Class
strengthening exercises with Carmelita Morgan.

#### Crafts & Chats \*\*

8:15 - 9:45 pm

\$2.00 Per Drop In Bring your own crafts, work at your own pace, and enjoy a morning of chatting and creating with friends!

# Drop in Basketball/ Floor Hockey \*\*

(Age 9-14) \$3.00 Per Drop In Gym divided, drop in for some basketball or floor hockey!

#### Drop in Basketball/Volleyball (18+) \*\* \$5.00 Per Drop In

Drop in for a fun recreational game of ball! No teams or sign ups, all fun!

Drop in and enjoy group pickleball!

#### Energizer Hour \*\*

\$4.00 Per Drop In Start your weekend with a refreshing walk or jog, then wake up with a coffee and a chat!

## Giggle Gym (Birth - 5 Years) \*\*

\$2.00 Per Child (1 Parent Free) Free play with toddler equipment for small children.

**Line Dancing with Myra**To Register: Call or TXT 709-636-1373
Learn and enjoy easy to follow dances in a fun setting with Myra Francis! No experience needed.

#### **Markus Karate**

To Register: Markus Karate Facebook Page or Call 709-640-0499 Karate for all ages!

#### Mini Movers (Birth - 6 years)

Free of Charge Join us and the Tree House for parent lead play & a snack provided.

PROGRAMS WITHOUT THIS MARK ARE PRIVATLEY RUN AND MAY

**CHANGE WITHOUT NOTICE TO US.** 

## Sensory Explorers \*\*

Free of Charge Special open gym time for children with sensory needs and their caregiver. Freedom to run and play in a safe environment.

# Simms Health & Performance (Pilates/ Step Classes)

To Register: Simms Health & Performance Facebook Page or Call 709 - 635 - 1115 Take part in one of these specialty class offerings, perfect for all fitness levels.

### Walking Track \*\*

Free of Charge Get your steps in at the annex!

### Youth Zone \*\*

\$3.00 Per Drop In Drop in and enjoy free play with the use of some gym equipment.

#### **Zumba** with Chevenne

To Register: Zumba With Cheyenne Facebook Page. Fitness fun! Energetic dance workout for all fitness levels!

\$35.00 Per Hour Gymnasium is available for private rentals! Please call to book.