

HEALTH & FITNESS



Senior Line Dancing

Tuesdays • 1:15–2:15pm

May–August

Learn basic dance steps as well as the Electric Slide, Slap Leather, Boot Scootin' Boogie and many other easy-to-master dances. No partner needed.

TCC Social Hall • Drop-in: \$3
Instr: Toni Abbott

Open Pickleball

May & June

**Tuesday 9am–12pm,
Saturday 9:30am–11:30am**

July & August

Saturday 9:30am–11:30am

Pickleball is a combination of many racket-based sports including badminton, racquetball and tennis. It's a fun, quick-paced sport and a great full body workout for all ages and abilities! This is a drop in program where nets and games are set up and managed by participants.

TCC Gymnasium

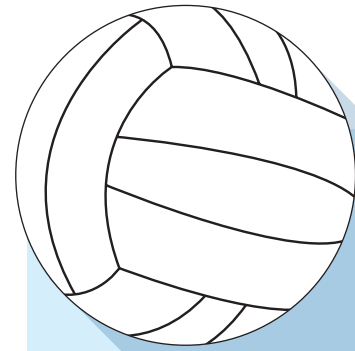
Cancellations may occur. No Open Pickleball May 4, July 13

Open Weight Room

Mon, Wed & Fri • 6:30am–12pm

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

FREE • TCC Fitness Room



Open Gym Volleyball

May & June:

**Mon, Wed, Fri
9am–12pm**

July & August:

**Wed & Sat
9am–12pm**

Looking for fun and fitness without a commitment? Drop in three times a week for a great volleyball workout.

Fee \$5.00 • TCC Large Gym

