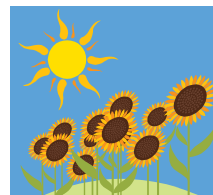




Avalon Recreation Office 609-967-3066



September Schedule

Hours of Operation: 8a.m.-8p.m Monday-Friday; 8a.m.-4p.m. Saturday-Sunday

Aerobics with <i>Caroline Vineyard/Lindsay Bechtler</i>	\$4	9:00 am	Mon/Wed/Fri
Sit and Be Fit with <i>Cindi Dandridge</i>		11:15 am	
Mon/Wed/Fri			
Line Dancing Class with <i>Cathy Cashmere</i>		1:30 - 3:00 pm	Mondays
Ladies(<i>Only</i>) Pickle Ball		6:00 – 8:00 pm	Mondays
Zumba Gold with <i>Cathy Cashmere</i>		11:30 - 12:30 pm	Tues/Thurs
Pickle Ball (Co-Ed)		1:00 - 4:00 pm	Tues/Thurs
Ballroom Dancing		1:00 – 3:00 pm	Wednesdays
Ballroom Dancing		7:00 – 8:30 pm	Thursdays
Open Gym		<i>Call Daily for Hours</i>	

Special Events

Diller Home BareFoot Ball @ Windrift Hotel	5:00 – 9:00 pm	Saturday 9/6
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End of Summer Shop Hop Avalon Shopping District		10:00 – 4:00 pm	Sat/Sun 9/6-7
Big Band Dance/Concert Fred Hall Orchestra	\$8	7:00 pm	Saturday 9/13
APAC Cabaret Night/Motown Show/Dancing 9/27	\$20	7:30 pm	Saturday

Monthly Events

Avalon Garden Club 9/16		9:00 – Noon	Tuesday
Avalon Civic Club Fall Luncheon and Game Gala		11:30 – 3:30 pm	Monday 9/29