

## **Caribou Parks & Recreation Department**

### **ADULT ACTIVITIES**

**WALKING Area** adults are welcome to walk at the Caribou Wellness & Recreation Center. Walking hours are as follows: May 2-Sept. 30, 2018 Monday through Friday, 6 am–6 pm; October 1, 2018-April 30, 2019 Monday thru Friday 6 am—9 pm and Saturday 12-4 pm.

**EXERCISE CLASS Meets** Mondays, Wednesdays and Fridays from 8:30-9:30 am. This self-guided class uses a variety of moderately challenging exercise videos incorporating cardio, Pilates, strength training, balance and various walking techniques. Area adults are welcome to join. No Fee.

**ADULT FITNESS CLASS Meets** Monday and Fridays from 9:30-10:30 am. Class is designed for middle aged and senior adults looking to improve or maintain their fitness level; exercise range from cardiovascular exercise, muscular strength, balance and coordination. No Fee.

**DANCE FITNESS CLASS Dance** Fitness exercise classes meets Tuesdays and Thursdays from 6:30-7:30 pm and Saturdays from 8-9 am FEES: \$5 per classes the 1st class is free. (Former Zumba Fitness Class)

**SENIOR BINGO Senior** bingo meets on Fridays from 11 am-2:30 pm at the Caribou Wellness and Recreation Center. The fee is \$1 per month; plus, brings an item for prize table. Note the months of July and August there is no bingo program.

**ADULT CRIBBAGE Adult** cribbage meets Tuesday and Thursdays from 9-11:30 am at the Caribou Wellness and Recreation Center. The fee is \$1.50 per day. Note the months of June thru August there is no cribbage program.

**PICKLE BALL Monday thru Friday @ 8:30-11:30 am** at Caribou Wellness and Recreation Center gym. A court sport that combines elements of tennis, badminton and ping-pong; equipment is provided. This is a self-guided program for those 18 & over.

**WEIGHT ROOM Monday thru Friday @ 6 am – 6 pm.** June thru September then October thru May 6 am – 9 pm Monday thru Friday and 12-4 pm on Saturdays. The fee is \$1 per visit. Weight room is for ages 15 & over.

**NOTE:** Seasonal programs are listed in our program booklet and on the internet at [www.caribourec.org](http://www.caribourec.org) or viewed on our FaceBook page.

For additional information please call the Caribou Parks & Recreation Department at 207-493-4224.