

Caribou Wellness & Recreation Center
55 Bennett Drive | Caribou, Maine 04736



ADULT ACTIVITIES

WALKING Area adults are welcome to walk at the Caribou Wellness & Recreation Center. Walking hours are as follows: **May 1-Sept. 30 Monday through Friday, 6am–6pm; October 1 -April 30 Monday thru Friday 6am—8pm and Saturday 12-4pm. (14.5 laps = 1 mile)**

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

POP PILATES with LIZA Pilates exercise classes meet Tuesdays and Thursdays from 5-6pm and Saturdays from 9-10am. Fee is 10 classes for \$50 or drop-in for \$6.

ADULT CRIBBAGE Adult cribbage meets Tuesday and Thursdays from 9-11:30am at the Caribou Wellness and Recreation Center. The fee is \$1.50 per day.

PICKLE BALL Monday through Friday @8-11:30am at Caribou Wellness and Recreation Center gymnasium. A court sport that combines tennis, badminton and ping-pong; equipment is provided. This is a self-guided program for those 18 & over. The facility may not be available all the time. Please join **TeamReach | Caribou** for building availability, and to keep in touch with the group.

BEGINNERS PICKLEBALL Meets Mondays, Tuesdays and Thursdays from 12:30-2:30pm.

WEIGHT ROOM Monday thru Friday @6am – 6pm. June thru September then October thru May 6am – 8pm Monday thru Friday and 12-4pm on Saturdays. Participants are asked to please wipe down the equipment after use. The fee is \$1 per visit. Weight room is for ages 15 & over unless the youth is accompanied by a parent and or adult guardian.

RSVP Bone Builders® (*Cary Medical sponsored*) is an evidenced-based exercise program developed by Tufts University for senior citizens. It is an ongoing exercise program to prevent osteoporosis. Bone Builders will also improve balance, and keep your strength, confidence and independence to perform everyday activities (certified instructors). No fee and weights are provided. Bone Builders class meets Tuesdays and Thursday mornings @10:00 - 11:00am at the Caribou Wellness Center.

TOPS Take Off Pounds Sensibly Tops meets at the Caribou Wellness & Recreation Center on Tuesdays from 12:30-1:30pm Lose weight with TOPS. For more information call 1-(800)932-8677 or visit www.tops.org.

NOTE: Seasonal programs are listed in our program booklet and on the internet at www.caribourec.org or viewed on our Facebook page <https://www.facebook.com/CaribouParksandRec/>.

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

