



August 2020

Waldorf Senior and Recreational Center

240-448-2810



Senior Program Closed
Recreational Programs
Monday-Thursday 4-8pm



*Pre-registration is required. www.charlescountyparks.com register.	Visit to					SATURDAY 1 CLOSED
						SUNDAY 2 CLOSED
MONDAY 3		TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	SATURDAY 8 CLOSED
		Racquetball 4-8pm Fitness Room 4-8pm *Yoga w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm	Racquetball 4-8pm Fitness Room 4-8pm *Tot Fit (3-5yrs) 5:15-5:45pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Youth Fit (6-10yrs) 6-6:30pm	Racquetball 4-8pm Fitness Room 4-8pm *Pilates w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm		SUNDAY 9 CLOSED
MONDAY 10		TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	SATURDAY 15 CLOSED
		Racquetball 4-8pm Fitness Room 4-8pm *Yoga w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm	Racquetball 4-8pm Fitness Room 4-8pm *Tot Fit (3-5yrs) 5:15-5:45pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Youth Fit (6-10yrs) 6-6:30pm	Racquetball 4-8pm Fitness Room 4-8pm *Pilates w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm		SUNDAY 16 CLOSED
MONDAY 17		TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	SATURDAY 22 CLOSED
		Racquetball 4-8pm Fitness Room 4-8pm *Yoga w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm	Racquetball 4-8pm Fitness Room 4-8pm *Tot Fit (3-5yrs) 5:15-5:45pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Youth Fit (6-10yrs) 6-6:30pm	Racquetball 4-8pm Fitness Room 4-8pm *Pilates w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm		SUNDAY 23 CLOSED
MONDAY 24		TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29 CLOSED
		Racquetball 4-8pm Fitness Room 4-8pm *Yoga w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm	Racquetball 4-8pm Fitness Room 4-8pm *Tot Fit (3-5yrs) 5:15-5:45pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Youth Fit (6-10yrs) 6-6:30pm	Racquetball 4-8pm Fitness Room 4-8pm *Pilates w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm		SUNDAY 30 CLOSED
MONDAY 31						
Racquetball 4-8pm Fitness Room 4-8pm *Yoga w/Karen (18yrs+) 5:30-6:30pm Parking Lot Pickleball (18yrs+) 5:30-7pm *Quick Abs (18yrs+) 6:45-7pm						