



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 CLOSED	1			
							SUNDAY CLOSED	2			
MONDAY 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	3	TUESDAY 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	4	WEDNESDAY 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	5	THURSDAY 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	6	FRIDAY CLOSED	7	SATURDAY CLOSED	8
										SUNDAY CLOSED	9
MONDAY 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	10	TUESDAY 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	11	WEDNESDAY 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	12	THURSDAY 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	13	FRIDAY CLOSED	14	SATURDAY CLOSED	15
										SUNDAY CLOSED	16
MONDAY 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	17	TUESDAY 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	18	WEDNESDAY 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	19	THURSDAY 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	20	FRIDAY CLOSED	21	SATURDAY CLOSED	22
										SUNDAY CLOSED	23
MONDAY 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	24	TUESDAY 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	25	WEDNESDAY 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	26	THURSDAY 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	27	FRIDAY CLOSED	28	SATURDAY CLOSED	29
										SUNDAY CLOSED	30
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