

### BOWLING ALLEYS & POOL ROOM

Five alleys (fee), two pool tables and ping pong are available.  
Must be five or older to bowl.

**Mon - Thurs 55+ (no kids) 1:00PM – 5:00PM\***

**Fridays 5:00PM – 9:00PM**

**Saturdays 1:00PM – 9:00PM**

**SUNDAYS 1:00PM – 6:00PM**

**\*LIMITED USE**

*Season: September 13 - June 17*

### ADULT BASKETBALL

Pick-up games at Draper Gym.

**Residents: \$25.00      Non-Residents: \$50**

**Mondays - 7:30pm – 9:30pm**

### ADULT VOLLEYBALL

Recreational pick-up games for adult members  
of the Community House at Draper Gym

**Tuesday: 7:00 PM – 9:00 PM**

**Residents: \$25.00      Non-Residents: \$50**

### ADULT PICKLEBALL

Recreational games for adult members

**Wednesday 6:45pm – 9:00pm**

**Learn Pickleball Thursday 7:00pm – 9:00pm**

**(Sept 16 – Oct 21) Sign up required**

**Residents: \$25.00      Non-Residents: \$50**

### WOMEN'S BOWLING LEAGUE

Looking for subs. **Tuesday 6:30PM – 9:30PM**

### MENS BOWLING LEAGUE

Looking for subs. **Monday 6:30PM - 9:30PM**

### COUNCIL ON AGING

The Town of Hopedale utilizes space on the first floor of the Community House as their Senior Center. Programs and service information is available. Call weekdays. Call 508-634-2208 for information or check the towns' website.

### WHITIN COMMUNITY CENTER

Only Hopedale resident, Community House members can use the two pools at the Center in Whitinsville. Check the schedule at <https://www.whitincommunitycenter.com>. Must have Community House membership card.

**At this time, masks will be required for all unvaccinated members and guests for all activities including in Draper Gym and the Hopedale Senior Center. This decision is subject to change based on the current situation at any time.**



**Hopedale  
Community House**  
43 Hope Street, Hopedale, MA 01747  
508.473.0820  
[www.hopedalech.org](http://www.hopedalech.org)

### Fall/Winter 2021

*The Community House and Draper Gymnasium are managed by the private, non-profit Hopedale Community House, Inc. Both facilities were gifts from the Draper family to Hopedale residents, to provide a variety of recreational opportunities. Meeting and event space is available to members with reservations. Membership is required for all activities.*

### 2021-2022 MEMBERSHIP FEES (September 2021 – June 2022)

<u>Resident</u>		<u>Non-Resident</u>
\$25	Family (children <18)	\$40
\$15	Adult (18 – 69)	\$25
\$5	Juniors (<18)	\$10
\$5	Seniors (70 & over)	\$5

### OFFICE HOURS

Monday - Thursday 10:00AM – 1:00PM

## ADULT PROGRAMS

**Session 1: Sept 13 – Jan 29**

All information is subject to change.

### BOOTY BARRE (Marcella)

A high energy class that fuses fitness techniques from Pilates, Dance, Yoga and Athletic intervals. You will lift, firm, tighten tone as well as stretch the whole body. Bring Yoga socks or bare feet, small rubber ball, 1 – 2lbs weight, and a mat

**Tuesday: 8:45AM - 9:45 AM**

**Res: \$35 Non-Res: \$65**

### PILATES FUSION (Marcella)

Pilates is an unique form of exercise aimed to increase strength, flexibility, endurance and coordination without bulk or risking injury, by focusing on core stability, this will help maintain alignment of our spine. Pilates is for EVERYBODY!  
Please wear loose, comfortable clothing.

**Thursday 8:45AM – 9:45AM**

**Res: \$35 Non-Res: \$65**

### Balance, Bands & BOSU (Linda)

The BOSU® Balance Trainer stands for “**BO**th **S**ides **U**talized” allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more.  
Bring weights **A BOSU is not required**

**Thursday: 6:00PM – 6:45PM**

**Res: \$35 Non-Res: \$65**

### ALL LEVEL YOGA (Crystal)

You will move in flowing postures using the breath as guide. You will stretch, strengthen, and relax as you take part in these all level classes. Bring mat

**Tuesday or Thursday: 10:15AM – 11:15AM**

**Res: \$35 Non-Res: \$65**

### YOGA (Deb)

Classic yoga poses to develop flexibility, strength, balance and endurance. Reduce stress with breath control. Bring yoga mat and belt.

**Wednesday: 6:00PM – 7:00PM**

**Res: \$35 Non-Res: \$65**

### ALL LEVELS YOGA (Ann)

Class will include wide range of poses and styles. Provide a safe, supportive environment for you to practice your own ability and challenge yourself and grow in your practice. Ultimate goal is to leave class feeling peaceful, powerful and full of bliss

**Tuesday: 7:00 PM – 8:00 PM OR**

**WEDNESDAY: 10:00AM – 11:00 AM**

**Res: \$35 Non-Res: \$65**

### MUSCLE SCULPTING or TONE (Robin)

Build muscle strength and increase bone density. Tone up and look great with different muscle groups and abs each week. Bring fitness mat and weights.

**Monday: 6:00PM – 6:45PM MUSCLE SCULPT OR**

**Thursday: 6:00PM – 6:45PM STEP/TONE**

**Res: \$35 Non-Res: \$65**

### CARDIO (Robin)

30 Mins combining a variety of multi-level cardio for fat burn along with 30 min class focusing on Core and More. All levels Bring mat

**Tuesday: 6:00PM – 7:00PM**

**Res: \$35 Non-Res: \$65**

### POUND (Rebecca)

POUND class uses a set of drumsticks. (They're specially made for the workout and called “rip sticks.”) This high-intensity interval workout incorporates rhythmic movements to get the class literally pounding the floor as they sweat. ...

POUND class is a full-body rock out workout

**Tuesday: 6:00PM – 6:45PM**

**Res: \$35 Non-Res: \$65**

### ZUMBA (Rebecca)

Combine high energy with Latin and Hip Hop music routines and you are dancing! Fun workout for your mind, body and soul. No dance experience required

**Monday: 7:00PM – 7:45PM**

**Res: \$35 Non-Res: \$65**

### LOW IMPACT with Shirley Mae

Total body workout for 50 + with chair based exercises, standing aerobic conditioning, and light weights. Workout to upbeat music from several decades to improve flexibility, core, posture, muscle tone and bone density

**Monday/Wednesday: 10:00AM - 11:00AM**

### Reboot, Strength and Balance (Christine)

Reboot and ease back into more balanced lifestyle with an exercise program that will allow for social interaction as well as functional movements, focused on building a body capable of doing real-life activities in real-life positions. Every day movements such as balancing, walking, lifting, pushing, pulling, bending, twisting, turning, standing, starting, stopping, climbing, and lunging will be made easier while training to improve functional strength.

There will be special considerations provided for people with physical limitations (such as arthritis). Another component will be incorporating fun cognitive activities throughout the class. Set to up-beat music, the class, designed for all levels, will re-introduce sedentary individuals affected by Covid back into performing and functioning at a more healthy level

**Friday: 9:00AM - 10:00AM**

**\*Res: \$25**

**Non-Res: \$35**

**\*(This fee covers Shirley and Christine's classes)**