

BOWLING ALLEYS & POOL ROOM

Will reopen in January

**MEN'S BASKETBALL, COED VOLLEYBALL,
COED PICKLEBALL, WOMEN'S/MENS BOWLING
LEAGUE**

Will be a shortened season beginning in January

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.



Hopedale

Community House

43 Hope Street, Hopedale, MA 01747

508.473.0820

www.hopedalech.org

Fall/Winter 2020

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.

2020-2021 MEMBERSHIP FEES

(September 2020 – June 2021)

<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

HCH WILL BE CLOSED OCT 12, NOV 11,26,27 DEC 24,25,31

CLOSED NOON ON NOV 25

ADULT PROGRAMS

Session 1: Sept 14 – Dec 18

All classes will be virtual at this time, for

13 weeks, due to COVID, \$50.00 flat rate class fee, take as many classes as you would like, a CH membership is still needed.

All information is subject to change, please be patient as we navigate the situation.

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: 8:00AM - 9:00 AM

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 8:00AM – 9:00AM

Balance, Bands & BOSU (Linda)

The BOSU® Balance Trainer stands for “BOth Sides Utilized” allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more

BOSU not required

Thursday: 6:00PM – 6:45PM

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 and Thursday: 10:15AM – 11:15AM

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

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
WEDNESDAY 9:00AM – 10:00AM

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
Thursday: 6:30PM – 7:15PM TONE/CARDIO

30/30 CARDIO PLUS (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

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 rockout workout

Monday: 6:00PM – 7:00PM

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

Thursday: 10:00AM – 11:00AM

Aerobics - Chair (Shirley)

Exercise and sing-along on and around chair. Improve balance, flexibility, strength, muscle tone and bone density. Bring hand weights

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

Fun and Functional (Christine)

Set to up-beat music, this fun class, designed for all levels, will train the body for real-life movements and activities. Functional fitness is focused on building a body capable of doing real-life activities in real-life positions. Everyday movements such as walking, lifting, pushing, pulling, bending, twisting, standing, climbing and lunging will be made easier while training to improve functional strength. Special considerations will be provided for physical limitations.(such as Arthritis).

Friday: 9:00AM - 10:00AM