

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 - 7:00pm – 9:00pm

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 6:00pm – 8:00pm

(Mar 3 – Mar 31)

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

SPRING 2022

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 2: Jan 31 – Jun 17

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. Yoga socks or bare feet recommended.

Thursday: 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.

Tuesday 8:45AM – 9:45AM

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 10:15AM – 11:15 AM

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 a wide range of poses and styles of yoga to spark curiosity and excitement in your body and mind. The class environment provides a safe, supportive space for you to grow in your practice and challenge your own ability. The 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

****Wednesday: 7:15PM – 8:00PM 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

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

8 Week Jan 31 – MARCH 28

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

Balance, Bands & BOSU (Linda) VIRTUAL ONLY

The BOSU® Balance Trainer “Both Sides Utilized” allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more. Expect a full body weight class. **A BOSU is not required**

Thursday: 6:00PM – 6:45PM

17 week Feb 3 – May 26

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

***See note below for fee**

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: 10:00AM - 11:00AM

***Res: \$25 Non-Res: \$35**

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

****Note new day for Step**