

Fitness & Sports

Fall 2019 • September-December

Fitness & Sports Class Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 am		Disco Walking 8:30-9:15 am		Disco Walking 8:30-9:15 am		
9:00 am						
10:00 am						
11:00 am		Pool Tournament* 11:00 am start time	Pickle Ball 11:30 am-1:15 pm	Chair Volleyball 11:30 am-1:30 pm		
12:00 pm						
1:00 pm			Fitness Room Orientation* 12:30-1:30 pm			
2:00 pm		Ping Pong 2:00-2:45 pm		Ping Pong 2:00-2:45 pm		
3:00 pm	Beginner Line Dance 3:55-4:55 pm	Pickle Ball 3:00-4:30 pm				
4:00 pm						
5:00 pm						
6:00 pm	Closed		Closed		Closed	
7:00 pm						
8:00 pm						
* Program does not meet every week. See back of flyer for dates.						

Fitness Room

The Fitness Room is open to members of the McKinney Senior Recreation Center during operational hours. The Fitness Room contains various exercise machines, weights, equipment and cable TV. Be sure to bring your own ear buds/headphones for watching TV!



McKinney Senior Recreation Center
1400 S. College St. • (972)547-7491
Offering recreation opportunities to adults 50 and over
www.McKinneyParks.org

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Pool Tournaments

Blind draw, single elimination 8-ball tournaments. Limit of 28 players per tournament. First place winners are honored with trophy plaques.

Fee: \$1 Resident/\$2 Non-resident

Registration: Advanced Registration Required

Registration Deadline: Monday Before Tournament Date

Day	Date	Time
Tuesday	September 3	11:00 am start time
Tuesday	September 17	11:00 am start time
Tuesday	October 1	11:00 am start time
Tuesday	October 15	11:00 am start time
Tuesday	November 5	11:00 am start time
Tuesday	November 19	11:00 am start time
Tuesday	December 3	11:00 am start time
Tuesday	December 17	11:00 am start time

Beginner Line Dance

Stick around after the Monday afternoon dances or drop by for a good time of dancing. Dancing is an excellent way to burn calories and get exercise while having lots of fun in the process!

Fee: No Fee

Registration: Drop-in Only

Instructor: Gail Donaldson

Day	Time
Mondays	3:55-4:55 pm

Pickle Ball

Pickle ball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis and table tennis.

Fee: No Fee

Registration: Drop-in Only

Day	Time
Tuesdays	3:00-4:30 pm
Wednesdays	11:30 am-1:15 pm

Personal Training

Get 1-on-1 fitness instruction and advice with personal training appointments at the McKinney Senior Recreation Center. For appointments and fees contact Victoria Chase (214)477-8404.

Disco Walking

Walk, dance or strut at your own pace to disco favorites. Disco Walking meets in the mornings as a way to get up and walk while staying in the comfort of the indoors.

Fee: No Fee

Registration: Drop-in Only

Day	Time
Tuesdays	8:30-9:15 am
Thursdays	8:30-9:15 am

Chair Volleyball

More fun than you can stand—while sitting!

Fee: No Fee

Registration: Drop-in Only

Day	Time
Thursdays	11:30 am-1:30 pm

Fitness Room Orientation

If you are new to the center or unsure how to use the fitness room equipment, join Dr. Troy Allam with Craig Ranch Chiropractic as he gives instructions on how to safely use all of the equipment in the fitness room.

Fee: No Fee

Registration: Registration Required

Instructor: Dr. Troy Allam, DC

Sponsor: Craig Ranch Chiropractic

Day	Date	Time
Wednesday	September 4	12:30-1:30 pm
Wednesday	October 2	12:30-1:30 pm
Wednesday	November 6	12:30-1:30 pm
Wednesday	December 4	12:30-1:30 pm

Ping Pong

Stop in for a friendly game, or two, of ping pong. Equipment is available for checkout at the front desk.

Fee: No Fee

Registration: Drop-in Only

Day	Time
Tuesdays	2:00-2:45 pm
Thursdays	2:00-2:45 pm

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