

Below are important events and activities for the 2025 competition season.
Please click the event to learn details. We look forward to staying healthy with you!

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Information about fitness classes is provided for educational purposes only. Mecklenburg County Public Health does not endorse any class or instructor nor guarantee safety or efficacy. Participants should make their own determination about the appropriateness and risk of participation.

TC Elder Academy

[9](#) **TODAY** < > **October 2025**
VHB Challenge

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
VHB Calendar	29	30	1	2	3	4	5
Community Resources	● 10:00am Pickleball I ● 6:00pm Line Dancin ● 6:30pm Virtual Chai	● 10:00am Pickleball I ● 6:00pm Step, Streng ● 6:15pm Line Dancin	● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	● 10:00am Pickleball I ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chai	● 6:15pm Line Dancin		● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
Meck Moves							
National Breast Cancer Month							
Contact	6	7	8	9	10	11	12
	● 10:00am Pickleball I ● 6:00pm Line Dancin ● 6:30pm Virtual Chai	● 10:00am Pickleball I ● 6:00pm Step, Streng ● 6:15pm Line Dancin	● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	● 10:00am Pickleball I ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chai	● 6:15pm Line Dancin		● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	13	14	15	16	17	18	19
	● 10:00am Pickleball I ● 6:00pm Line Dancin ● 6:30pm Line Dancin ● 6:30pm Virtual Chai	● 10:00am Pickleball I ● 6:00pm Step, Streng ● 6:15pm Line Dancin	● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	● 10:00am Pickleball I ● 6:00pm Community ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chai	● 6:15pm Line Dancin		● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	20	21	22	23	24	25	26
	● 10:00am Pickleball I ● 6:00pm Line Dancin ● 6:30pm Virtual Chai	● 10:00am Pickleball I ● 6:00pm Step, Streng ● 6:15pm Line Dancin	● 10:00am Strength T ● 5:00pm Food Minist ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact	● 10:00am Pickleball I ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chai	● 6:15pm Line Dancin	● 9:00am Greenville M ● 9:00am Monthly Gre	● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	27	28	29	30	31	1	2
	● 10:00am Pickleball I ● 6:00pm Line Dancin ● 6:30pm Virtual Chai	● 10:00am Pickleball I ● 6:00pm Step, Streng ● 6:15pm Line Dancin	● 10:00am Strength T ● 5:00pm Food Minist ● 5:30pm Healthy Rec ● 6:00pm Aerobics - C ● 6:00pm Stretch Fusi ● 6:30pm Low Impact ● 7:00pm Healthy Rec	● 10:00am Pickleball I ● 6:00pm Dance Fit C ● 6:00pm Shredded A ● 6:30pm Virtual Chai	● 6:15pm Line Dancin		● 3:00pm Low Impact ● 4:00pm Adult – 3 vs
	4	5	6	7	8	9	
	● 10:00am Pickleball I	● 10:00am Pickleball I	● 10:00am Strength T	● 10:00am Pickleball I	● 6:15pm Line Dancin		● 3:00pm Low Impact

