

## WEEKLY ACTIVITIES



**Note:** ALL Exercise Classes are FREE with Senior Center Membership—No Pre Registration Required Until Further Notice

### MONDAY

8-4:00pm  
Pool Room  
Open All Day

8-11:00  
Busy  
Fingers  
(Knitting &  
Crochet)  
w/Margie M.

9:00-10:00  
Mat Yoga  
w/Karen M.

10:00-11:00  
Chair Yoga  
w/Karen M.

11:00-12:00  
**Zumba in the  
Circuit**  
w/Kelley B.

11:30-12:30  
Meal site  
(\$3.00)

1-3:00pm  
Hi Lo Jack  
League (Olga &  
Irene)

### TUESDAY

9-10:00am  
Line Dance  
Class  
w/Donna C.

10-11:00am  
Body & Brain  
Fitness  
w/ Margaret

10-11:00am  
Water Aerobics  
(Boys Club)  
w/Karen L.

11:30-12:30pm  
Meal site  
(\$3.00)

12:45-3:00pm  
Watercolor  
Class  
w/ Jerry Aissis

1-3:00pm  
Hi Lo Jack  
League

### WEDNESDAY

8-4:00pm  
Pool Room  
Open All Day

9-10:00am  
Mat Yoga  
w/Karen M.

10-11:00am  
Chair Yoga  
w/Karen M.

11:30-12:30pm  
Meal site  
(\$3.00)

12:30-3:00pm  
Movies &  
Popcorn

1-2:00pm  
Strength  
Training  
w/Charlene

### THURSDAY

8-4:00pm  
Pool Room  
Open All Day

9-10:00am  
New Pilates &  
Gentle Stretch  
w/ Karen M.

10-11:00am  
Chair Yoga w/  
Meditation  
w/ Karen M.

10-11:00am  
Water Aerobics  
(Boys Club)  
w/ Pat D or  
Joann B.

11-12:00pm  
**Zumba Gold  
(Toning)**  
w/ Kelley B.

**12-1—NEW  
CLASS  
ALERT TAI  
CHI with  
Kelley B**

11:30-12:30pm  
Meal site

### FRIDAY

8-4:00pm  
Pool Room  
Open All Day

10-11:00am  
Body & Brain  
Fitness  
w/ Margaret

11:30-12:30pm  
Meal site  
(\$3.00)

12:45-3:00pm  
Bingo