

WEEKLY ACTIVITIES

| DAY | ACTIVITY | TIME | INSTRUCTOR | COST |
|-----------|---|---------------|---------------------|------------------------------------|
| Monday | Zumba | 9 – 10 | Crys | \$2 |
| | Strength & Conditioning | 10 – 11 | Janet | |
| | Dominoes/Puzzles | 11 – 12 | | |
| | Chair Yoga | 1 – 1:45 | Pat | |
| | Spanish II - advanced | 1:30 – 2:30 | Judy * see calendar | \$2 |
| | Rummikub | 1:30 – 3:30 | | |
| | Intro to Computer/Laptop/Smart Phone/Tablet | 2:30 – 3:30 | Joey & Jack | June-August: no classes |
| | | | | |
| Tuesday | Clogging | 9 – 10 | Bobbie | \$2 |
| | Social Dance | 10 – 11 | Sandy | \$2 |
| | Tai Chi | 10 – 11 | Jack Jones | |
| | Line Dance | 11 – 12 | Sandy | \$1 |
| | Chair Zumba Gold | 11 – 11:30 | Crys | \$1 |
| | Chair Volleyball | 12:30 – 1:30 | | |
| | Beginner Spanish I | 1:30 – 2:30 | Judy * see calendar | \$2 |
| | Hand & Foot/Puzzles | 1:30 – 3:30 | | |
| Zumba | 6 – 7 | Crys | \$3 | |
| Wednesday | Strength & Conditioning | 9 – 10 | Janet | |
| | Zumba Toning | 10 – 10:30 | Crys | \$1 |
| | Yoga | 10:30 – 11:30 | Pat | |
| | Sweet Harmony Chorus | 12:00 – 1:00 | Paulette | |
| | Senior Show Stoppers | 1:00 – 2:00 | Rose | |
| | Hand & Foot/Puzzles | 1:30 – 3:30 | | |
| Thursday | Whole Body Wellness | 9:15 – 10:15 | Shirly | |
| | Country Western Dance | 10:15 – 11:15 | Sandy | |
| | Bingo (just us folks) | 11:15 – 12:15 | | |
| | Line Dance | 11:15 – 12:15 | Sandy | \$1 |
| | Chair Volleyball | 12:30 – 1:30 | | |
| | Wii Bowling/Puzzles | 1:30 – 2:30 | | |
| | Zumba | 5 – 6 | Crys | \$3 |
| Friday | Yoga | 9:15 – 10:15 | Pat | |
| | Strength & Conditioning | 10:15 – 11:15 | Rusty | |
| | Chair Yoga | 1 – 1:45 | Pat | |

The following activities are open anytime for your enjoyment:

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|-------------|----------|---------|-------------------------------|
| Billiards | TV | Library | Various Card Games not listed |
| Wii Bowling | Crafting | Puzzles | Various Games not listed |
| Ping Pong | | | |