

STAY STRONG, LIVE LONG

Fitness Classes

Daily Programs

Monday

9:00 AM - 3:00 PM: Fitness Center
10:00 AM: BoneBuilders
10:00 AM: Mat Yoga w/Amy
1:00 PM: Zumba w/Fran
2:00 PM: Line Dancing w/Fran
3:00 PM: Barre Fitness w/Fran

Tuesday

9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Tai Chi w/Bob
10:00 AM: Cardio Strength Training w/Lisa
10:00 AM: Chair Yin Yoga w/Mary
11:30 AM: Forever Fit w/Sue

Wednesday

9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Forever Fit w/Sue
10:00 AM: Arthritis Exercise w/Sue
11:00 AM: Meditation w/Mary
11:00 AM: Tai Chi w/Karl
1:00 PM: Sit Fit & Strong w/Fran
2:00 PM: Ballroom Swingers w/Fran
(Begins April 24)

Thursday

9:00 AM - 3:00 PM: Fitness Center
9:00 AM: Strength Matters w/Sue
10:00 AM: Zumba w/Sue
11:00 AM: BoneBuilders
12:30 PM: Beginners Line Dancing w/Fran

Friday

9:00 AM - 3:00 PM: Fitness Center
10:00 AM: Mat Yoga w/Amy
11:30 AM: Now & Zen Chair Yoga w/Amy
1:15 PM: ROC Steady w/Lisa

Monday

9:00 AM - 3:00 PM: Open Billiards
1:00 PM: Mah Jongg Advanced
1:00 PM: Michigan Rummy
1:00 PM: Hi Lo Jack Free Play

Tuesday

9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Hookers Delight
12:00 PM: Chair Massage (3/12 & 4/9)
1:00 PM: Hi Lo Jack League
1:00 PM: Scrabble

Wednesday

9:00 AM - 3:00 PM: Open Billiards
9:30 AM: Quilting
10:00 AM: Reiki - April 24th
1:00 PM: Mah Jongg Instructional
1:00 PM: Mah Jongg Free Play
1:00 PM: Mah Jongg Advanced
1:00 PM: Poker League
1:00 PM: Book Club (3/27 & 4/24)

Thursday

9:00 AM - 3:00 PM: Open Billiards
1:00 PM: Captivating Canvases
1:00 PM: Stamp Club

Friday

9:00 AM - 3:00 PM: Open Billiards
12:30 PM: Spiritual Rockstars (3/22 & 4/26)
1:00 PM: Mah Jongg Advanced