


Fitness & Activity Schedule

EVENT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S.M.I.L.E. 	9:15-10:00	11:30-12:15	9:15-10:00	11:30-12:15	9:15-10:00
Functional Training 	10:15-11:00		10:15-11:00		10:15-11:00
Yoga		10:30-11:30		10:45-11:45	
Chair Yoga				1:30-2:30	
Beginning Yoga	1 st & 3 rd	Wednesdays	10:30-11:30		
Pilates for Seniors	2 nd & 4 th	Wednesdays	10:30-11:30		
Express Circuit* 	*No Class 3/17	9:15-10:00		9:15-10:00	
Asian Exercise	9:15-10:00				
Body Weight Basics	9:15-10:00		9:15-10:00		9:15-10:00
Senior Stability*	*Not offered at this time until new instructor can be secured.				
Flex, Movement & Balance 		12:30-1:15		12:30-1:15	
Line Dance		10:30-11:30			
Beginner Line Dance*		10:00-10:30			
Wii Bowling 		12:00			
Watercolor Painting				9:30-11:30	9:30-11:30
Classical Painting*	*Not offered at	this time -	Instructor	on leave of	absence
Zentangle	2 nd & 4 th	Thursdays		1:00-3:00	
Bingo					12:30-3:00
Bridge	12:30-3:00				
Bunco				10:00-11:30	
Hand & Foot	12:30-3:00				
Mah Jongg			12:00-3:00		
Mexican Train					12:30-3:00
Open Play				12:30-3:00	12:30-3:00
Pinochle		12:30-3:00			
Rummikub/Dominos		1:00-3:00			
Open Woodshop			9:30-11:30	9:30-11:30	9:30-11:30
Woodcarvers		1:00-3:00			

For more information regarding registration & fees, please check the latest issue of the Recreation Bulletin.