

Winter 2018 Schedule

Through March 31, 2018

	Morning AM	Afternoon PM
Monday	9-9:45: Strong to the Bone with Joan 9-9:45: Strength & Conditioning with James 9:30-10:30: Zumba Gold/Low-Impact with Lisa 10-10:45: Chair Aerobics & Sculpt with James 10-10:45: Beginning Pilates with Joan 11:30-12:30: Cooking Matters (3/5-4/9)	12:30-2: Paper Crafting w/Stephanie R. 1-3: Mahjong Group (1/8) 2-4: Jewelry Making with Carol 2-4: Pathfinders Grief Support Group (First Mondays) 4-5: Strong to the Bone with James 5:30-6:30: Salsa Lesson w/Ramon (First/Third Mondays, \$5) 6:30-7:45: Yoga and Mindfulness with Ellen
Tuesday	9-9:45: Strong to the Bone with Joan 9:45-10:45: Hi-Lo Cardio Aerobics with Vicki 10-11: Bands, Balls, and Buns! with Joan (begins 1/16) 10-11:30: Tai Chi for Balance and Falls Prevention with Joseph (1/16-4/5) 10- 3:30: King George Bridge 10:45-11:30: Advanced Only Pilates with Vicki	12-2: Canasta-Drop-In, all are welcome 1-2: Mindfulness Meditation Program with Bill (1/9-3/27) 1-2: Spanish I with Maria (1/23-3/27) 2-3: Spanish II with Maria (1/23-3/27) 2-4: Sociable Seniors- Dining Out Together, see schedule 3-4: Beginning Tai Chi with Bill 4-5: Strong to the Bone with James
Wednesday	8:30-10: Intermediate/Advanced Tai Chi with Bill 9-10: Strength & Conditioning with James 10-12: Lourie Center Nurse Consultations (1/10, 1/24, 2/14, 2/28, 3/14, 3/28) 10-11: Chair Aerobics & Sculpt with James 10-11: Qi Gong with Hilda 11-12: Multi-Level Yoga with Lindsey	1:30-3: Broadway's Greatest Musicals (1/10-2/28) 5-7: Palmetto Health Diabetes Prevention Program 5:30-6:30: Multi-Level Yoga with Lindsey
Thursday	9-9:45: Strong to the Bone with Joan 9-9:45: Easy Does It Strength with James 9:45-10:45: Hi-Lo Cardio Aerobics with Vicki 10:45-11:30: Advanced Only Pilates with Vicki 10-10:45: Chair Aerobics & Sculpt with James 10-11:30: Tai Chi for Balance and Falls Prevention with Joseph (1/16-4/5) 10-11: Fitness Consultation with Joan 11:30-1:30: Lourie Scholars (Fourth Thursdays) 11-1: Red Hat Society Luncheon (First Thursdays)	11:30-12:30: Lunchtime Lectures (Second Thursdays) 12:30- 2: BINGO Party! 12-2: Lourie Scholars (Fourth Thursdays) 1-2: Learn to Golf with Robin (3/1-3/22) 2-4: Coffee and Conversation 2-3:30: Spiritual Cinema Circle (first Thursdays) 3:30-5: Intro to Tai Chi for Balance (2/1-4/5) \$40/all 4-5: Strong to the Bone with James 5:45-7: Yoga and Mindfulness with Ellen
Friday	9:30-10:30: Zumba Gold/Low-Impact Aerobics with Lisa 10-11: Qi Gong with Hilda 11-11:45: Intermediate Pilates with Vicki 11-12:30: Intermediate/Advanced Tai Chi with Bill 11:30-12:30: 11:30-12:30: Cooking Matters Cooking Class (3/2-4/6) 11:45-12:30: Ballet Barre with Vicki	1-3: Mixed Media Art Part II with Dylan (1/19-3/23) \$50 1-2: Let's Sing Together!

Saturdays, 11 am-12 pm: Yankadi African Dance with Queen T, 3/17-5/5. Free and open to all adults.

Other Activities for Members:

Weight/Cardio, Circuit Training Rooms: M-F, 7 am-7pm; Sat. 8 am-3 pm; Sun 9am-12 pm Full Members/Gym Members

****New to Working Out? Learn How to use the Equipment with Fitness Trainer Joan Johnson: T/Th ,10-11 am.**

Computer Lab: M-F, 7 am-7 pm, Saturdays by request. All Members.