



Which classes can I take with my Lourie Center membership?

Classes and Programs Open to All Lourie Center Members AND the Public. Some require a fee.

- Salsa Dance Lessons**– Get a great workout while picking up new dance moves. Wear smooth soled shoes and comfortable clothing. All levels welcome. Partner not necessary. \$5
- Rock n’ Roll Dance Concerts**– Live dance music by Columbia area bands. \$20 per person
- Lunchtime Lectures**- Brown bag lunch presentations by local guest speakers on senior and wellness related topics.
- African Dance** – A low-impact class with gentle stretching and rhythmic movements. Full members.
- Little Free Library**- A community library right off the main hallway. Take a book, leave a book. Puzzles and magazines, too!

Open to ASSOCIATE MEMBERS “PLUS all the above benefits”

- Art Classes**– Led by a professional art instructor, enjoy fine arts lessons in drawing, painting, photography, multi-media and more! Ten-week sessions. Materials not included, class fee.
- Brain Games**– Challenge your brain power with twisters, teasers, and more. Includes lunch for a small fee.
- Ask-A-Nurse**– Palmetto Health’s Nurse Reed will take blood pressure, meds consult, general health advice, and referrals.
- Jewelry Making**- Weekly class making beaded necklaces, bracelets, earrings, etc.
- Lourie Scholars**- Networking and informational gatherings for retired educators in a casual atmosphere.
- Read-A-Book Club**- Together since 1939! Read and discuss popular fiction and non-fiction. September—May...Coffee provided.
- BINGO**- Win prizes at our weekly bingo games. Snack provided.
- Coffee & Conversation**- Have a cup of coffee and chat with new friends.
- Medicare Resource**– Have a question about your Medicare or need to adjust? Ask an expert for quick answers.
- Movie Time!**– Afternoon movies of all genres with discussion afterward.
- Red Hat Ladies**– Monthly gathering involving red hats, snacks, games, and socializing.
- Spanish I & II**– Grammar, vocabulary, speaking in Spanish, study Spanish-speaking cultures.
- Sociable Singles**– Get together to enjoy dinner at local restaurants!
- Computer Lab** – Access the internet, word processing. Tutoring by appointment, when available.
- Trigger Point Therapy**- Trigger point therapy helps relieve pain and tension, promote range of motion, increase circulation and help muscles regain full function.

Open to GYM MEMBERS “PLUS all the above benefits”

- Circuit Training Room**– A low impact workout in only 30 minutes. Eight stations with adjustable resistance equipment designed to increase bone density, lower blood pressure, improve muscle tone and strength.
- Cardio Room**– Open seven days a week. Universal weight system, free weights and bench, treadmills, NuStep recumbent bicycles, elliptical, exercise bicycle, leg extension.
- Fitness Consultation**- Schedule an orientation session with our Certified Fitness Trainer.

Open to FULL MEMBERS “PLUS all the above benefits”

- Strength & Conditioning**– Strength and muscle building using body weight exercises, dumb bells and exercise bands. Increase balance and functional fitness, calorie burning cardio with low impact/high intensity interval training.
- Ballet Barre**– A lower body-sculpting workout based on ballet exercises designed to balance, strengthen and tone the body.
- Balance for Falls Prevention**-An eight to ten-week program designed to improve mobility, stamina, and muscular strength, to prevent falls and improve flexibility and balance, using low-impact and slow, controlled breath and movements.
- Chair Aerobics & Sculpt**- A gentle class for all fitness levels We will use bands, balls, light weights, and low impact aerobics in and out of the chair to give a full body workout.
- Easy Does It Strength**- A no-impact strength training utilizing the principles of dynamic tension and full range resistance exercises. This class is especially for those wanting to gain strength without a rigorous weight training routine.
- Hi-Low Aerobics**- Get your cardio workout, strength-building, stretching and flexibility in this high-energy class.
- Meditation**– Relax, manage stress levels, and improve mental focus with guided breathing techniques.
- Pilates**- Classes for Beginners/ Intermediate, and Intermediate/Advanced. Low-impact exercises and stretches that promote core strengthening of the body.
- Qi Gong**- For all levels. A series of gentle stretching movements done within the individual’s abilities and range of motion. A combination of healing movement, meditation, and learning about Chinese medicine and philosophy.
- Strong to the Bone**– Low impact workout good for improving posture, muscle tone, balance, bone-strength.
- Tai Chi**- Beginning, Intermediate/Advanced. Slow, smooth body movements to achieve a state of relaxation of both body and mind. Improves muscle tone, flexibility, balance and coordination.
- Water Aerobics**- (*summer only*) Full body aerobics without joint stress. Offered May-September. Add’l fee.
- Yoga**- Classes for Beginners, Experienced, Multilevel, and Neuropathy. Promotes health for the entire body and the mind. Gentle movements calm the nervous system and develop strength, flexibility, balance.
- Zumba Gold**- Features a low-impact workout with interval training sessions. Fast and slow rhythms and resistance training are combined to tone your body while burning fat, and all to upbeat music. *Summer: Aqua Zumba!*