



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.

Open to ASSOCIATE MEMBERS (\$60 per year)

Art Classes– Professional instructor leads classes in drawing, painting, photography, and more! Materials not included, class fee.

Brain Games– Challenge your brain power with twisters, teasers, and more. Includes lunch for a small fee.

Performance History– Interactive presentations based on Arnold Breman’s lifetime of experiences as a musical theater director.

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.

Let’s Sing Together!- All voices welcome. Come sing familiar favorites just for fun.

Read-A-Book Club- (*on hiatus*) 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

Spiritual Cinema– Positive, uplifting afternoon movies with discussion afterward.

Spanish I & II– Grammar, vocabulary, speaking in Spanish, study Spanish-speaking cultures.

Sociable Singles- Conversation, activities, meals at local restaurants!

Computer Lab and Tutoring– Get online, do word processing, etc. Learn basic computer programs and skills, by appointment.

Lourie Scholars- Networking and informational gatherings for retired educators in a casual atmosphere.

Open to GYM MEMBERS (\$150 per year) “PLUS all the above benefits”

Strength 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 (\$35/month OR \$300/year) “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.

Chair Aerobics and Sculpt (formerly Arthritis Exercise)-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.

Barre– A lower body-sculpting workout based on ballet exercises designed to balance, strengthen and tone the body.

Aerobics- Get your cardio workout, strength-building, stretching and flexibility.

Balance– Using Tai Chi, this program involves low-impact and slow, controlled breath and movements. It is specifically designed to improve mobility, stamina, muscular strength, flexibility and balance. Progress will be documented

Mindfulness Meditation– Relax and improve mental focus with guided breathing techniques.

Pilates- Low-impact exercises and stretches that promote core strengthening of the body. Classes for Beginners/ Intermediate, and Intermediate/Advanced.

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.

Multilevel Yoga- Promotes health for the body and the mind. Stretching, postures, meditation, and breathing techniques are taught in a slow, beginner-friendly format, and modifications are given for those more experienced or with physical limitations.

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!*