

GREAT HALL 1 & 2 CLASS/PROGRAM SCHEDULE

Effective Date: July 2021 – Nov 2021

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 9		8:30 – 9:15 Aerobics w/Weights FREE Great Hall 2	8:15 -9:00 Tai Chi Group FREE Great Hall 2			
9-10	9:30 – 10:20 Moving2Heal NIA \$8.00/class Great Hall 2 ***** 9:30 – 10:20 Strgth Train- Intro. \$6.00/class Great Hall 1	9:00- 9:50 Gentle Joy of Yoga \$6.00/class Great Hall 1	9:20 -9:50 Strengthen Your Core FREE Great Hall 1	9:30 – 10:20 Strgth Train- Intro. \$6.00/class Great Hall 1	9:20- 9:50 Strengthen Your Core FREE Great Hall 1	9 – 11:45 Badminton Great Hall 1
10-11	10:30 – 11:20 Strgth Train – Adv \$6.00/class Great Hall 1	10:00 – 11:00 Balance Class Registration Required Starting Sept 1 Great Hall 2 ***** 10:30 – 11:20 Sit to be Fit Starting Aug. 3 Great Hall 1	10:00-10:50 Salli's Sr. Wkout Great Hall 2	10:00 – 11:00 Balance Class Registration Required Starting Sept 1 Great Hall 2 ***** 10:30 – 11:20 Strgth Train – Adv \$6.00/class Great Hall 1	10:00-11:00 Seated Tai Chi FREE Starting Sept 3 Great Hall 2	9:11:45 Badminton Great Hall 1
11-12						9 – 11:45 Badminton Great Hall 1 11:30 – 12:30 ***** Tai Chi Practice FREE - ? Great Hall 2
12 - 1						12 – 2:45 Table Tennis Great Hall 1
1-2		Table Tennis Great Hall 1	Badminton Great Hall 2	Table Tennis Great Hall 2		Table Tennis Great Hall 1
2-3	2:00 – 2:50 Pilates \$6.00/class Great Hall 1	Table Tennis Great Hall 1	Badminton Great Hall 2 ***** Pickleball 2:10 – 3:50 Great Hall 1	Table Tennis Great Hall 2	Women's Basketball ? Great Hall 1	Table Tennis Until 2:45 pm Great Hall 1
3-4		Table Tennis Great Hall 1	Badminton Great Hall 2	3:00 – 3:50 Pilates \$6.00/class Great Hall 1 ***** Table Tennis Great Hall 2	Women's Basketball ? Great Hall 1	3:00 – 4:00 Zumba (Spanish) FREE Great Hall 1 & 2
4-5			Badminton Great Hall 2 until 4:30	Basketball Great Hall 1 5:30 – 7:00	Women's Basketball ? Great Hall 1 Until 4:30	CENTER CLOSED
Evening hours	CENTER CLOSED	Chinese Dance Great Hall 1 & 2	Irish Step Dance 2 nd Wed/ month 6:45 – 8:45 pm Great Hall 1 & 2	6:00 - 7:40 Tai Chi FREE Great Hall 2	CENTER CLOSED	CENTER CLOSED

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