

# April 2024

**Building Hours, Computer Lab, Cardio and Strength Training Equipment Rooms:**  
 Mondays-Thursdays 9 am-4 pm, Fridays 9 am-2 pm

**Mondays/Tuesdays/Wednesdays/Thursdays 2-3: Walk with Ease with Winifred, March 4-April 11**

<b>Monday</b>	9-10: Strong to the Bone with Joan
	10-11: Multi-Level Yoga with Juliet
	10-11: Circuit Training with Vicki
	11-12: Zumba Gold with Lisa
	2-3: Healthy Choices Watch Party
<b>Tuesday</b>	9-10: Strong to the Bone with Joan
	10-11: Advanced Cardio Aerobics with Vicki
	10-11: Beginning Pilates with Joan
	11-12: Advanced Pilates with Vicki
	12-1: The Cooking Classroom-Educational Classes and Cooking Demonstrations with Maegan- April 2, 16, 30
	1-2: What is Dementia? Brain Health with the SC Dept. on Aging, April 9
	1-2: SC Gardening, Plants, and Flowers Group - April 16
	12:30-1:30: Balance for Falls Prevention with Bill-April 16-June 25 (no class June 4)
2:45-3:30: Tech Tuesdays: Kindle 101! THIRD TUESDAYS March 19-July 16	
	2:30-3:30: Beginning Tai Chi with Bill (2 PM social time)
<b>Wednesday</b>	9-10: Muscles in Motion: Strength and Sculpt Class with Winifred
	9:30-10:30: BINGOsize® with Chante April 3-June 12 (no class April 24)
	9-12: Medicare Consulting with Jerry-April 3 (drop-in or by appt.)
	10-11: Your Happy Spine and Back with Barbara
	10-11: Fitness Equipment Orientation & Consultation with Winifred (by appt. only)
	11-12: Cardio Core with Donna, through April 10
	11-12: Fundamentals of Core Strength: A Two-Part Workshop With Vicki-April 17 and 24
	12-1: Intermediate/Advanced Tai Chi with Bill
	12:15-1:15: Salsa Dance Classes with Jose, April 3-June 19
1-2:30: Bridging the Technology Gap, March 6-May 22	
	2:30 Fun Activity with Oak Street Health-April 17
<b>Thursday</b>	9-10: Strong to the Bone with Joan
	10-11: Advanced Cardio Aerobics with Vicki
	10-11: Beginning Pilates with Joan
	11-12: Advanced Pilates with Vicki
	11:30-12:30: Lunch and Learn: April 11, April 18
	12:30-2: BINGO Party with Maggie
	1-2: Beginning Tai Chi with Bill (12:30 social time)
	1-3: Contemporary Watercolor Painting with Alicia-April 4-May 9 (no class May 2)
<b>Friday</b>	9-10: Arthritis Exercise with Chante
	10-11:30: Boosting Our Brain Power! with Marsha- April 19 – June 21
	12-1: Coffee and Conversation, Craft Circle with Maggie
	10-11: Gentle Stretch Chair Yoga with Donna
	11-12: Zumba Gold with Lisa
	12-1: Restorative Yoga with Laura

- BASE MEMBERSHIP \$ 10/month, \$ 100/year

- PLUS MEMBERSHIP \$ 20/month, \$ 200/year

- PREMIUM MEMBERSHIP \$ 35/month, \$ 350/year

- OPEN TO THE PUBLIC– REGISTRATION MAY BE REQUIRED