

Building Hours, Computer Lab, Cardio and Strength Training Equipment Rooms:
Mondays-Thursdays 9 am-4 pm, Fridays 9 am-2 pm *CLOSED MONDAY MAY 27 for MEMORIAL DAY.**

SUMMER 2024 WATER CLASSES AT MAXCY GREGG POOL BEGIN TUESDAY MAY 28.
Participants for ALL water classes must be pre-registered and pre-paid members, no exceptions.

Mondays, Tues, Weds, 1:45-2:45 PM Walk with Ease with Winifred (May 20-June 27)
MEETS OFFSITE: Columbia Fitness Club Indoor Walking Track, 1306 Hampton St, Columbia

Monday	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
	12-1:	(HUGS) Leeza's Care Connection Lunch and Learn Meeting-May 6
	2-3:	Healthy Choices Watch Party
Tuesday	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 with Maegan- May 7, 21
	1-2:	The Dementia Journey: Brain Health with the SC Dept. on Aging, May 14
	1-2:	SC Gardening, Plants, and Flowers Group - May 21
	12:30-1:30:	Balance for Falls Prevention with Bill-April 16-June 25 (no class June 4)
2:30-3:30:	Beginning Tai Chi with Bill (2 PM social time)	
Wednesday	9-10:	Muscles in Motion: Strength and Sculpt Class with Winifred
	9:30-10:30:	BINGOcize® with Chante April 3-June 12
	9-12:	Medicare Consulting with Jerry-May 1 (drop-in or by appt.)
	10-11:	Your Happy Spine and Back with Barbara
	11-12:	Zumba Gold with Luz-May 1-June 26
	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 with Mike, March 6-May 22
2:30	Fun Activity with Oak Street Health, May 15	
Thursday	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 & Learn: May 2, May 16
	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)	
Friday	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 Winifred
	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