

Monday		Tuesday		Wednesday		Thursday		Friday	
Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		Studio 55 8 am-7 pm		Studio 55 8 am-5 pm	
8	BOOM Fitness Class (102)	8:30	BOOM Fitness Class (102)	8	BOOM Fitness Class (102)	8:30	BOOM Fitness Class (102)	8:30	SilverSneakers® Circuit (102)
8-12	Personal Training (Studio 55)	9-3:45	Billiards (101)	8-12:15	Personal Training (Studio 55)	9-3:45	Billiards (101)	9-3:45	Billiards (101)
9-3:45	Billiards (101)	9-12	Stained & Mosaic Glass Studio (105)	9-3:45	Billiards (101)	9:30-11:30	Woodcarvers (105)	10	Beginners Line Dance (205) (4/5-4/26)
9:30	SilverSneakers® Classic (102)	10	SilverSneakers® Classic (102)	10	SilverSneakers® Circuit (102)	10	SilverSneakers® Classic (102)	11-12:30 LUNCH, Café UA Lounge (carry-in only)	
9:30	Intermediate Ballroom (205)	10-Noon	Aging in the Movies (104) (4/16-5/7)	10:15	Zumba Gold® (205) (4/3-5/8)	10	Line Dancing (205) (4/4-4/25)		
10:30	Beginners Ballroom (205) (4/29-6/10) (skip 5/27)	11-12:30 LUNCH, Café UA Lounge (carry-in only)		11-12:30 LUNCH, Café UA Lounge (carry-in only)		10	Gentle Hatha Yoga (301) (4/4-4/25)	11:30	500 Cards (205)
10	Thank God for Disco! The 1970s II (104) (3/4-4/8) (skip 3/18)	11:15-12:30	Table Tennis (102)	12:15	Euchre (204)	11-12:30 LUNCH, Café UA Lounge (carry-in only)		12:30	Stained & Mosaic Glass Studio (105)
10	Oops! Series I (104) (4/22-6/3) (skip 5/27)	1-2	Shakespeare (204) (4/9-5/14)	12:30	Experienced Tap Dance (205)	10-11	Art Healthy (104) (4/25-5/23)	2-5	Personal Training (Studio 55)
10:30-12:30	Monday Morning Drawing (105) (4/1-4/22)	1-1:30	Balance Practice (205)	1:30	Beginners Tap Dance (205) (4/3-5/8)	11:15-12:30	Table Tennis (102)		
11-12:30 LUNCH, Café UA Lounge (carry-in only)		1:45-2:15	Balance Practice (205)	1	SilverSneakers® Yoga (102)	Noon-1:30	Understanding Self-Esteem (104) (4/4-4/25)		
Noon-1:30	Brush Lettering (104) (4/29-5/13)	1-3	Watercolor Workshop (105) (4/2-4/23)	1	The Art of Writing Your Memoir (104) (4/10-5/29)	12:30	Movie Club (3 rd Thu) (204)		
1	Chess (105)	2-3:55	Current Events (104)	1-5	Personal Training (Studio 55)	1-1:30	Balance Practice (205)		
12:30	Bridge (205) (skip 4/29)	3-6	Personal Training (Studio 55)	4	Pilates Fusion (104) (4/17-5/22)	1:45-2:15	Balance Practice (205)		
12:30-3	Board Game Day (Café UA Lounge)					2-3:30	Stock Market Discussion Group (104)		
1	SilverSneakers® Yoga (102)					2-5	Personal Training (Studio 55)		
1-3	Handicrafters (204)					4:30	Tai Chi for Health (205) (4/4-5/16)		
3-3:45	Aging Strength (102) (4/29-6/3) (skip 5/27)								
4:30	Tai Chi for Health (205) (4/1-5/13)								