

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)	8:30-10:30	Bocce (Bocce Courts)	9-3:45	Billiards (101)
9-3:45	Billiards (101)	9-12	Stained & Mosaic Glass Studio (105)	9-3:45	Billiards (101)	9-3:45	Billiards (101)	10	Beginners Line Dance (205) (5/3-5/24)
9-11	Pickleball (Fancyburg Park)	10	SilverSneakers® Classic (102)	10	SilverSneakers® Circuit (102)	9-11	Pickleball (Fancyburg Park)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>	
9:30	SilverSneakers® Classic (102)	10-Noon	Aging in the Movies (104) (4/16-5/7)	10:15	Zumba Gold® (205) (4/3-5/8) & (5/15-6/26)(skip 6/19)	9:30-11:30	Woodcarvers (105)	11:30	500 Cards (205)
9:30	Intermediate Ballroom (205)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		10	SilverSneakers® Classic (102)	12:30	Stained & Mosaic Glass Studio (105)
10:30	Beginners Ballroom (205) (4/29-6/10)	11:15-12:30	Table Tennis (102)	12:15	Euchre (204)	10	Line Dancing (205) (5/2-5/30)	2-5	Personal Training (Studio 55)
10	Oops! Series I (104) (4/22-6/3)	1-2	Shakespeare (204) (4/9-5/14)	1	SilverSneakers® Yoga (102)	10	Gentle Hatha Yoga (301) (5/2-5/30) (skip 5/16)		
10:30-12:30	Monday Morning Drawing (105) (5/6-5/20)	1-1:30	Balance Practice (205)	1	The Art of Writing Your Memoir (104) (4/10-5/29)	<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>			
<b>11-12:30 LUNCH, Café UA Lounge (carry-in only)</b>		1:45-2:15	Balance Practice (205)	1-5	Personal Training (Studio 55)	10-11	Art Healthy (104) (4/25-5/23)		
Noon-1:30	Brush Lettering (104) (4/29-5/13)	1-3	Watercolor Workshop (105) (5/7-5/28)	4	Pilates Fusion (104) (4/17-5/22)	11:15-12:30	Table Tennis (102)		
1	Chess (105)	2-3:55	Current Events (104)			12:30	Movie Club (3 <sup>rd</sup> Thu) (204)		
12:30	Bridge (205)	3-6	Personal Training (Studio 55)			1-1:30	Balance Practice (205)		
12:30-3	Board Game Day (Café UA)					1:45-2:15	Balance Practice (205)		
1	SilverSneakers® Yoga (102)					2-3:30	Stock Market Discussion Group (104)		
1-3	Handicrafters (204)					2-5	Personal Training (Studio 55)		
3-3:45	Aging Strength (102) (4/29-6/3)					4:30	Tai Chi for Health (205) (4/4-5/16) & (5/23-7/11)(skip 7/4)		
4:30	Tai Chi for Health (205) (4/1-5/13) & (5/20-7/8)					<b>REGISTRATION REQUIRED</b>			
<b>Senior Center Closed Mon, May 27 in Observance of Memorial Day</b>		<b>CLASS LOCATIONS</b>		<b>CAFÉ UA LOUNGE</b>		Registration is required for all our programs, events and classes which can be made Monday-Friday from 8 am-4 pm by calling 614-583-5320 or visiting the registration desk in Bldg 3.		<b>Saturday</b>	
		Onsite Programs – Bldg 1, 2, 3 Bldg 1 - 101, 102, 104, 105 Bldg 2 - Café UA Lounge, 204, 205 Bldg 3 - Studio 55, 301 MSC - Municipal Services Center		Mon-Fri, 11-12:30 (Café UA – bring your own lunch and drink, no meals are being served from the kitchen at this time. Closed for special events.)				Studio 55 8 am-Noon	
								9:30	Fit After 50 (102) (4/6-5/11)