

Monday

9:00 – 9:45 a.m. - Inspirational ChairOne with Vanessa
 9:00 – 9:45 a.m. - Body Boot Camp with Chelsea
 9:00 – 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)
 9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
 10:00 - 10:45 a.m. - Seated in Strength with Chelsea
 10:00 - 10:45 a.m. - Charged Up! Aerobics with Suzanne
 10:00 – 10:45 a.m. - Barre Basics with Fere
 10:00 - 10:45 a.m. - Intro to Tabata with Patty

10:00 – 2:00 p.m. – Open Bridge Play
 11:00 – 11:45 a.m. - .Silver Sneakers Enerchi™ w/Patty
 11:00 - 11:45 a.m. - Core on the Floor w/Fere
 11:00 - 11:45 a.m. - ChairOne with Suzanne
 11:00 -11:45 a.m. - Too Fit To Quit with Chelsea
 11:00 – 12:30 p.m. – Congregate Lunch sponsored by
 Senior Services of SEVA (donations accepted)
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere (Moderate)

Tuesday

9:00 - 9:45 a.m. - Coffee & Chat
 9:00 - 9:45 a.m. - Essentrics with Peggy
 9:00 - 10:00 a.m. - Core on the Floor with Fere
 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)
 9:00 – 1:00 p.m.– Game Room (Pool Table & Table Tennis)
 9:30 - 11:30 p.m. – Drawing w/ Shirley Confino-Rehder
 10:00 - 2:00 p.m. - Mexican Train Dominoes
 10:00 - 10:45 a.m. - Balance & Agility w/Angie
 10:00 – 10:45 a.m. – Stretch Flex & Tone Chair Level 1 with Sheina
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair Level 2 with Fere
 10:00 – 11:00 a.m. – Beginning Tai Chi with Tidewater Tai Chi (\$\$)
 10:00 – 10:45 a.m. – Aerobics with Tomika

11:00 - 11:45 a.m. - Chair Aerobics with Tomika
 11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 12:00 p.m. - Yin Yoga with Angie
 11:00 – 12:00 p.m. – Intermediate Tai Chi with
 Tidewater Tai Chi (\$\$)
 11:00 – 12:30 p.m. – Congregate Lunch sponsored
 by Senior Services (donations accepted)
 12:15 - 1:00 p.m. - Stretch, Flex & Tone Mixed Level
 w/Angie

Wednesday

8:15 - 8:45 a.m. - Morning Warm up with Jan *NEW*
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe
 9:00 - 9:45 a.m. - Fitness Fundamentals with Jan
 9:00-9:45 a.m.- Abs, Abs, Abs with Angie
 9:00– 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
 9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
 10:00 – 4:00 p.m. – Mah Jongg/Canasta Open Play
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe
 10:00 – 12:00 p.m. – Acrylic Painting Class with Nancy (\$\$)
 10:00 - 10:45 a.m. - Seated in Strength with Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie

10:00- 10:45 a.m. - Balance & Agility with Fere
 11:00 – 12:30 p.m. – Congregate Lunch sponsored
 by Senior Services (donations accepted)
 11:00 - 11:45 p.m. - Too Fit To Quit with Fere
 11:15 - 12:00 - Chair Yoga with Angie
 12:00-2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 2:00 p.m. - Canasta Open Play
 12:30 - 1:15 p.m. - Chair Zumba with Suzanne

**Free Curbside Food Pantry - 10:00 - 11:30 a.m.
 Location: Right side parking lot**

Thursday

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina
 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)
 9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
 9:00 - 9:45 a.m. - Balance & Agility with Fere
 10:00 - 10:45 a.m. - Intro to Tabata with Patty
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 1 w/ Sheina
 10:00 – 10:45 a.m.– Stretch, Flex & Tone Level 2 w/ Fere
 10:00 - 10:45 a.m. - Intro with Pilates with Ann *NEW*

10:00 – 2:00 p.m. – Open Bridge Play
 11:00 - 11:45 a.m. - Tabata for Seniors with Patty
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
 11:00 - 11:45 a.m. - Restorative Yoga with Ann
 11:00 – 12:30 p.m. – Congregate Lunch sponsored
 by Senior Services of SEVA (donations accepted)
 12:00 - 12:45 p.m. - Charged Up! Aerobics
 w/Suzanne
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere

Friday

9:00 - 9:45 a.m - Ball Exercises w/ Fere (\$\$)
 10:00 – 10:45 a.m.– Premium Boot Camp w/ Chelsea (\$\$)
 10:00 – 10:45 a.m.– Stretch, Flex & Tone Level 1 w/Fere
 10:00 - 10:45 a.m. - Zumba with Tomika

10:00 – 12:00 p.m. – Bridge or Mah Jongg Open Play
 11:00 – 11:45 a.m. – Too Fit To Quit with Fere
 11:00 – 11:45 a.m. – Chair Aerobics w/Tomika
 12:00 - 2:00 p.m. - Pickle Ball in NFWC