April 2019 Weekly Classes

Monday		Tuesday		Wednesday		Thursday		Friday	
9:15– 10:00	Pilates $	9:00-6:00	Triangle Portrait Artists $	9:15–10:00	Workout with Weights$	9:15-10:00	Balance Fitness $	9:15-10:00	Qi Gong $
9:30-10:15	Ageless Grace $	9:15-10:00	Bootcamp $	9:15-10:00	Cardio Sculpt $	9:30-10:00	AIM Fitness	11:30-12:30	Pilates $
9:30-10:15	Cardio Sculpt $	9:15-10:00	Qi Gong $	9:30-12:00	Ceramics	10:00-11:30	Craft Group	1:00-1:45	Zumba $
10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:00-11:30	Craft Group	10:00-12:00	Bridge Open Play	12:30-3:00	Bridge Open Play
10:30-11:30	Beg. Tai Chi $	10:15-11:00	Balance Fitness $	10:15-11:15	Pilates $	10:15-1100	Cardio Sculpt $	12:30-3:30	Mah Jongg Open Play
11:15-12:15	Joyful Chorus– *Harmony Group*	10:15-11:00	Cardio Sculpt $	10:15-11:00	Cardio Sculpt $	11:15-12:00	Balance Fitness $	2:00- 3:30	Line Dance Open Studio
11:30-12:30	Inter. Tai Chi $	11:00-11:45	Dance Xross Fitness $	11:15-:1200	Cardio Sculpt $	11:30-12:45	Chair Yoga $		
12:15-1:00	AIM Fitness $	11:30-12:45	Chair Yoga $	11:15– 12:00	Pilates $	12:00-12:45	Men's Strength & Conditioning		
12:15-1:16	Joyful Chorus	12:00-12:45	Zumba $	12:00-12:45	Gentle Stretch $	12:00-1:00	Pilates $		
1:00-2:00	Beg. Line Dance	1:00-1:45	Total Body $	12:00-12:45	Adult Tap $	1:00-1:45	Silver Cardio $		
1:00-4:00	Bridge & Games	1:30-4:30	SHIIP Counseling	1:00-2:00	Beg. Line Dance	1:00-1:45	Total Body $		
1:30-2:15	Drumming For Fitness $	2:00-2:45	Men's Strength & Cond. $	1:15– 2:00	Bootcamp $	1:30-3:30	Table Tennis Open Play		
2:00-3:00	Inter. Line Dance	3:00-4:00	Boxing for Fitness $	1:30-4:30	SHIIP Appointments	1:30-4:30	SHIIP Appointments		
2:00-3:00	Gentle Yoga $	3:15-4:15	Vinyasa Yoga $	2:00-3:00	Inter. Line Dance	2:00-2:45	Shibashi $		
3:15-4:15	Gentle Yoga $	3:00-5:45	Pickleball Open Play	2:00-4:00	Bluegrass Jam	2:00-4:00	Cribbage & Mah Jongg		
5:30-6:30	Pilates $	3:15– 4:00	Boxing for Fitness $	2:15-3:00	Balance Fitness $	5:45-6:30	Total Body $		
6:30–7:15	Cardio Sculpt $			3:15-4:15	Gentle Yoga $	6:15-7:15	Vinyasa Yoga $		
7:30-8:15	Zumba Gold $			4:30-5:15	Shibashi $	6:45-7:30	Balance Fitness $		
						7:30-8:15	Zumba Gold $		

Pickleball Open Play
(Please see reverse for start times)

****Classes and times are subject to change. Please confirm with staff when registering or call us at 919-996-4730****

April 2019 Five Points Center For Active Adults

	Tuesday	Wednesday	Thursday	Friday
1 10:00-12:00 Acrylic Painting (Anna) $ 1:00-4:00 Oil Painting-Advanced $ 2:00-3:45 Caregiver Support/Grief Counseling 3:30-5:00 Questions Across the Spectrum 5:30-8:00 Chronic Pain Self-Management	2 9:30-10:15 BP & Weight Screenings 10:00-11:30 Computer Basics 3 $ 10:15-11:15 Health Talks w/ Dr Baldwin 1:45-2:45 Keep Driving Longer 2:00-3:30 Gimp Photo Editing Basics 1 $ 2:00-5:00 Landscape Into Art $ 3:00-4:00 The Truth About Reverse Mortgages	3 2:00-5:00 Watercolor : Intro $	4 10:00-11:30 Cutting the Cord $ 10:30-12:00 French Part 2 $ 2:00-3:30 Google Photos: Intro $ 6:00-8:00 Social Security Strategies for Retirement	5 9:00-3:00 Pickleball Workshop 10:00-12:00 First Friday Club 3:00-5:30 Pickleball Open Play
8 10:00-12:00 Acrylic Painting (Anna) $ 1:00-4:00 Oil Painting -Advanced $ 2:00-3:45 Caregiver Support/Grief Counseling 3:30-5:30 Readers' Theatre 5:30-8:00 Chronic Pain Self-Management	9 10:00-11:30 Computer Basics 3 $ 1:00-3:00 Paint & Collage $ 2:00-3:00 Project Preplan 2:00-3:30 Gimp Photo Editing Basics 2 $ 2:00-5:00 Landscape Into Art II $ 3:00-4:30 Government Benefits for Long Term Care	10 10:00-12:00 Young at Heart (Golden Years Club) 2:00-4:00 Writing As A Meditative Practice 2:00-5:00 Watercolor : Intro $	11 10:00-11:30 Cutting the Cord $ 10:30-12:00 French Part 2 $ 2:00-3:30 Google Photos: Intro $ 6:00-8:00 Medicare 101	12 9:00-1:30 Pickleball Workshop 1:30-5:30 Pickleball Open Play
15 10:00-12:00 Acrylic Painting (Anna) $ 1:00-4:00 Oil Painting: Advanced $ 2:00-3:45 Caregiver Support/Grief Counseling 3:30-5:00 Questions Across the Spectrum 5:30-8:00 Chronic Pain Self-Management	16 10:00-11:30 iPad Basics 2 $ 1:00-3:00 Paint & Collage $ 2:00-3:30 Gimp Photo Editing Basics 2 $ 2:00-5:00 Landscape Into Art II $	17 2:00-5:00 Watercolor : Intro $	18 9:30-10:30 BP/Weight Screenings 10:00-12:00 iCloud Basics for I iPad/iPhone $ 10:30 –12:00 French Part 2 $ 2:00-4:00 Microsoft Word Basics 1 $	19 CLOSED GOOD FRIDAY HOLIDAY
22 10:00-12:00 Acrylic Painting (Anna) $ 3:30-5:30 Readers' Theatre 5:30-8:00 Chronic Pain Self Management	23 10:00-12:00 iPad Basics 2$ 1:00-2:00 The Truth About Living Trusts 2:00-5:00 Landscape Into Art II $	24 10:00-12:00 Young at Heart (Golden Years Club) 2:00-4:00 Writing As A Meditative Practice 2:00-5:00 Water Color: Intro $	25 10:00-12:00 App Based Taxi & Food Delivery $ 10:30-12:00 French Part 2 $ 2:00-4:00 Create Flowers Using Power Point $ 7:00-8:00 Understanding Beneficiary Designations	26 9:00-3:00 Pickleball Workshop 1:30-3:00 Parkinson's Disease Dialogue 3:00-5:30 Pickleball Open Play
29 7:00-8:00 Building Your Life Plan	30 10:00-12:00 Tips on Purchasing a Computer $ 2:00-4:00 iPad Basics 3 $			