

Levine Senior Center Activity Sheet

A&C- Arts & Crafts Room - BH - Banquet Hall - B - Board Room - CR - Card Room MP - Multi-Purpose Room

L- Lobby, D- Dining P - Partner - NP - Non-Partner - NC - No Charge

| Program | Day/Time | Room | Class Dates | Fee |
|-------------------------|-----------------------|------|---------------|---|
| Line Dance Combined | Mondays | MP | 4/15 to 5/20 | \$27(P) - \$43(NP) |
| | 12:15PM-4PM | | | SilverSneakers Only (NC) |
| Ballroom Dance Combined | Wednesdays | MP | Ongoing | \$5(P) - \$7(NP) |
| | 4:00PM-5:30PM | | No Class 3/11 | SilverSneakers Only (NC) |
| Classic Exercise | Tuesday & Fridays | BH | 4/9 to 5/17 | \$36(P) - \$50(NP) |
| | 9:30AM-10:15AM | | No Class 4/19 | SilverSneakers, Silver & Fit & Renew Active (NC) |
| Circuit Exercise | Tuesday & Fridays | BH | 4/9 to 5/17 | \$39(P) - \$54(NP) |
| | 10:30AM-11:30AM | | No Class 4/19 | SilverSneakers, Silver & Fit & Renew Active (NC) |
| Chair Yoga | Wednesdays | MP | 4/3 to 5/8 | \$21(P) - \$37(NP) |
| | 9:30AM-10:15AM | | | Silver Sneakers, Silver & Fit & Renew Active (NC) |
| Tai Chi | Tuesdays | MP | Ongoing | \$6 Per Session (P) (NP) |
| | 9:45AM-10:40AM | | | Silver Sneakers, Silver & Fit & Renew Active (NC) |
| Gentle Yoga | Mondays | MP | Ongoing | <u>Pricing Below is for Yoga</u> |
| No Class 3/11 | 9AM-10:15AM | | | 6 Sessions \$54(P) |
| Slow Flow Yoga | Mondays | MP | Ongoing | 6 Sessions \$70(NP) |
| No Class 3/11 | 10:30AM-11:45AM | | | 12 Sessions \$91(P) |
| Yoga | Fridays | MP | Ongoing | 12 Sessions \$107(NP) |
| No Class 3/15 | 9:30AM-11AM | | | SilverSneakers Only - \$4 Per Session |
| Oil & Acrylic Painting | Tuesdays 9:30-12:30PM | A&C | 4/2 to 5/7 | \$54(P) - \$70(NP) |

Fitness Center Hours: M-W 8AM-7PM & Th-F 8AM-4PM

Open Swim Hours: M-W 1:30PM-4:30PM & Th-F 1:30PM-4PM

Center Partners receive a discount rate on some classes. 6 Month Partnership \$80 ~ Yearly Partnership \$137

Fitness Center or Open Swim Fee's - 6 Months \$90 ~ Yearly \$155 ~ Monthly \$15

Stop in the Library for more information.

Fitness Center available at no charge to those with SilverSneakers, Silver & Fit & Renew Active

Water Exercise Classes (No Water Classes 3/29, 4/19, 5/27 nor 5/30)

Due to pool size, water classes limited to Partners only

| Water Classes | Date & Times | Session Dates - 8 Wks | Session Dates - 8 Wks |
|-------------------------|----------------|-----------------------|-----------------------|
| Aerobics | MWF 9-9:50AM | 2/25 to 4/19 - \$88 | 4/22 to 6/14 - \$92 |
| Arthritis Plus | MWF 10-10:50AM | 2/25 to 4/19 - \$88 | 4/22 to 6/14 - \$92 |
| Move It or Lose It | MWF 11-11:50AM | 2/25 to 4/19 - \$88 | 4/22 to 6/14 - \$92 |
| Aerobics | MW 4:30-5:20PM | 2/25 to 4/17 - \$64 | 4/22 to 6/12 - \$60 |
| Aerobics | MW 5:30-6:20PM | 2/25 to 4/17 - \$64 | 4/22 to 6/12 - \$60 |
| Aerobics | TT 8-8:50AM | 2/26 to 4/18 - \$64 | 4/23 to 6/13 - \$60 |
| Move It or Lose It Plus | TT 9-9:50AM | 2/26 to 4/18 - \$64 | 4/23 to 6/13 - \$60 |
| Arthritis Plus | TT 10-10:50AM | 2/26 to 4/18 - \$64 | 4/23 to 6/13 - \$60 |
| Aerobics | TT 11-11:50AM | 2/26 to 4/18 - \$64 | 4/23 to 6/13 - \$60 |

Lake Norman Sightseeing Tour

There will be a an 11:15AM departure for Queen's Landing Riverboat Tours in Lake Norman from the Levine Senior Center on Friday, June 7th. There will be no stops to or from Lake Norman. This sightseeing tour is aboard the unique Mississippi River boat "Catawba Queen", We can enjoy the open-air deck and the beauty of the lake as the Captain provides the history of Lake Norman and a narrative of local celebrity homes. The scenic 2-hour Riverboat cruise along Lake Norman includes a box lunch, which will be served during our tour. Join us on this relaxing and fun day trip and sign up today! We will return to Levine Senior Center by 4PM. This tour is \$50.

Sign up in the LSC Library or Call 704-846-4654