

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	1/7 to 2/18	\$27(P) - \$43(NP)
	12:15PM-4PM	No Class 1/21		SilverSneakers (NC)
Ballroom Dance Combined	Wednesdays	MP	Ongoing	\$5(P) - \$7(NP)
	4:00PM-5:30PM			SilverSneakers & Renew Active (NC)
Classic Exercise	Tuesday & Fridays	BH	1/4 to 2/15	\$39(P) - \$54(NP)
	9:30AM-10:15AM			SilverSneakers, Silver & Fit & Renew Active (NC)
Circuit Exercise	Tuesday & Fridays	BH	1/4 to 2/15	\$43(P) - \$59(NP)
	10:30AM-11:30AM			SilverSneakers, Silver & Fit & Renew Active (NC)
Chair Yoga	Wednesdays	MP	1/2 to 2/6	\$21(P) - \$37(NP)
	9:30AM-10:15AM			SilverSneakers (NC)
Tai Chi	Tuesdays	MP	Ongoing	\$6 Per Session (P) (NP)
	9:45AM-10:40AM			SilverSneakers (NC)
Move & Groove	Tuesdays	MP	Ongoing	\$6 Per Session (P) (NP)
	11AM-11:45AM			SilverSneakers (NC)
Gentle Yoga	Mondays	MP	Ongoing	<u>Pricing Below is for Yoga</u>
	9AM-10:15AM			6 Sessions \$54(P)
Slow Flow Yoga	Mondays	MP	Ongoing	6 Sessions \$70(NP)
	10:30AM-11:45AM			12 Sessions \$91(P)
Yoga	Fridays	MP	Ongoing	12 Sessions \$107(NP)
	9:30AM-11AM			SilverSneakers - \$4 Per Session
Oil & Acrylic Painting	Tuesdays 9:30-12:30PM	A&C	1/8 to 2/12	\$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 12/31, 1/1, 1/21, 3/29 nor 4/19)

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	12/31 to 2/22 - \$88	2/25 to 4/19 - \$88
Arthritis Plus	MWF 10-10:50AM	12/31 to 2/22 - \$88	2/25 to 4/19 - \$88
Move It or Lose It	MWF 11-11:50AM	12/31 to 2/22 - \$88	2/25 to 4/19 - \$88
Aerobics	MW 4:30-5:20PM	12/31 to 2/20 - \$56	2/25 to 4/17 - \$64
Aerobics	MW 5:30-6:20PM	12/31 to 2/20 - \$56	2/25 to 4/17 - \$64
Aerobics	TT 8-8:50AM	1/1 to 2/21 - \$60	2/26 to 4/18 - \$64
Move It or Lose It Plus	TT 9-9:50AM	1/1 to 2/21 - \$60	2/26 to 4/18 - \$64
Arthritis Plus	TT 10-10:50AM	1/1 to 2/21 - \$60	2/26 to 4/18 - \$64
Aerobics	TT 11-11:50AM	1/1 to 2/21 - \$60	2/26 to 4/18 - \$64

AARP Tax Aide (in cooperation with the IRS) offers free tax preparation assistance for seniors, helping them prepare their 2017 Federal and State tax returns.

The Tax Aide volunteers will be at the center Mondays and Wednesdays from 12:30PM to 4:30PM starting Monday, February 4th.

The center will start scheduling appointments on Wednesday, January 16th.

Call (704) 846-4654 or register at the front desk.