

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, SS - SilverSneakers, S&F - Silver & Fit, R - Renew Active

Program	Day/Time	Room	Class Dates	Fee
Line Dance Combined	Mondays	MP	4/6 to 5/11	\$30(P) - \$51(NP)
Intermediate & Advanced	12PM-2PM			NC (SS) - \$30(R) - \$30(S&F)
Ballroom Dance Combined	Wednesdays	MP	Ongoing	\$6(P) - \$8(NP) per session
	4:00PM-5:00PM			NC (SS) - \$6 (R) - \$6 (S&F) per session
Classic Exercise	Tuesday & Fridays	BH	4/7 to 5/15	\$41(P) - \$77(NP)
	9:30AM-10:15AM		No Class 4/10	NC (SS) - NC (R) - NC (S&F)
Circuit Exercise	Tuesday & Fridays	BH	4/7 to 5/15	\$44(P) - \$80(NP)
	10:30AM-11:30AM		No Class 4/10	NC (SS) - NC (R) - NC (S&F)
Chair Yoga	Wednesdays	MP	4/8 to 5/13	\$23(P) - \$42(NP)
	9:30AM-10:15AM			NC (SS) - NC (R) - NC (S&F)
Tai Chi	Tuesdays	MP	Ongoing	NC (P) - \$7 Per Session(NP)
	9:45AM-10:40AM		No Class 3/10	NC (SS) - NC (R) - NC (S&F)
Pilates	Tuesdays	MP	4/3 to 5/8	NC (P) - \$43(NP)
	6PM-7PM		No Class 4/7	NC (SS) - NC (R) - NC (S&F)
Zumba Gold	Mondays 10:30AM to 11:30AM	BH	4/3 to 5/8	No Charge (P) - \$35(NP)
	Fridays, Noon to 1PM		No Class 4/10	NC (SS) - NC (R) - NC (S&F)
Easy Does It Cardio	Thursdays	BH	4/9 to 5/14	No Charge (P) - \$42 (NP)
	2PM - 3PM			NC (SS) - NC (R) - NC (S&F)
Tap	Beginner - Thurs 3PM-4PM	MP	4/6 to 5/14	No Charge (P) - \$28 (NP)
	Beginner II - Monday 2:15-3:15PM		No Class 4/30, 5/4 & 5/7	NC (SS) - NC (R) - NC (S&F)
	Inter. Tap - Thurs 9:30- 10:30AM			
Gentle Yoga	Mondays	MP	Ongoing	<u>Pricing Below is for Yoga</u>
	9AM-10:15AM			SS - \$5 Per Session
Slow Flow Yoga	Mondays	MP	Ongoing	6 Sessions \$54(P) (R) (S&F)
	10:30AM-11:45AM			6 Sessions \$72(NP)
Yoga	Fridays	MP	Ongoing	12 Sessions \$90(P) (R) (S&F)
	9:30AM-11AM		No Class 4/10	12 Sessions \$120(NP)
Oil & Acrylic Painting	Tuesdays 9:30-12:30PM	A&C	3/31 to 5/5	\$63(P) - \$90(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 (Due to pool size, water classes limited to Partners only)

(No Water Classes - 4/1 AM Classes & 4/10, 5/25 & 5/27AM Classes)

Water Classes	Date & Times	Session - 8 Wks	Session Dates - 8 Wks
Aerobics	MWF 9-9:50AM	3/2 to 4/24 - \$88	4/27 to 6/19 - \$88
Arthritis Plus	MWF 10-10:50AM	3/2 to 4/24 - \$88	4/27 to 6/19 - \$88
Move It or Lose It	MWF 11-11:50AM	3/2 to 4/24 - \$88	4/27 to 6/19 - \$88
Aerobics	MW 4:30-5:20PM	3/2 to 4/22 - \$64	4/27 to 6/17 - \$60
Aerobics	MW 5:30-6:20PM	3/2 to 4/22 - \$64	4/27 to 6/17 - \$60
Aerobics	TT 8-8:50AM	3/3 to 4/23 - \$64	4/28 to 6/18 - \$64
Move It or Lose It Plus	TT 9-9:50AM	3/3 to 4/23 - \$64	4/28 to 6/18 - \$64
Arthritis Plus	TT 10-10:50AM	3/3 to 4/23 - \$64	4/28 to 6/18 - \$64
Aerobics	TT 11-11:50AM	3/3 to 4/23 - \$64	4/28 to 6/18 - \$64