

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 6/3	\$27(P) - \$43(NP)
	12:15PM-4PM			SilverSneakers Only (NC)
Ballroom Dance Combined	Wednesdays	MP	Ongoing	\$5(P) - \$7(NP)
	4:00PM-5:30PM			SilverSneakers Only (NC)
Classic Exercise	Tuesday & Fridays	BH	5/21 to 6/28	\$36(P) - \$50(NP)
	9:30AM-10:15AM		No Class 6/21	SilverSneakers, Silver & Fit & Renew Active (NC)
Circuit Exercise	Tuesday & Fridays	BH	5/21 to 6/28	\$39(P) - \$54(NP)
	10:30AM-11:30AM		No Class 6/21	SilverSneakers, Silver & Fit & Renew Active (NC)
Chair Yoga	Wednesdays	MP	5/15 to 6/19	\$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	Pricing Below is for Yoga
	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 Only - \$4 Per Session
Oil & Acrylic Painting	Tuesdays 9:30-12:30PM	A&C	5/21 to 6/25	\$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 5/27, 5/30, 6/19 (No AM Water), 7/4, 7/24, 7/25 & 7/26)

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	4/22 to 6/14 - \$92	6/17 to 8/9 - \$84
Arthritis Plus	MWF 10-10:50AM	4/22 to 6/14 - \$92	6/17 to 8/9 - \$84
Move It or Lose It	MWF 11-11:50AM	4/22 to 6/14 - \$92	6/17 to 8/9 - \$84
Aerobics	MW 4:30-5:20PM	4/22 to 6/12 - \$60	6/17 to 8/7 - \$60
Aerobics	MW 5:30-6:20PM	4/22 to 6/12 - \$60	6/17 to 8/7 - \$60
Aerobics	TT 8-8:50AM	4/23 to 6/13 - \$60	6/18 to 8/8 - \$56
Move It or Lose It Plus	TT 9-9:50AM	4/23 to 6/13 - \$60	6/18 to 8/8 - \$56
Arthritis Plus	TT 10-10:50AM	4/23 to 6/13 - \$60	6/18 to 8/8 - \$56
Aerobics	TT 11-11:50AM	4/23 to 6/13 - \$60	6/18 to 8/8 - \$56

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