

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 12PM-2PM	MP	9/30 to 11/4	\$27(P) - \$43(NP) SilverSneakers Only (NC)
Ballroom Dance Combined	Wednesdays 4:00PM-5:30PM	MP	Ongoing	\$5(P) - \$7(NP) SilverSneakers Only (NC)
Classic Exercise	Tuesday & Fridays 9:30AM-10:15AM	BH	10/1 to 11/8	\$39(P) - \$54(NP) SilverSneakers, Silver & Fit & Renew Active (NC)
Circuit Exercise	Tuesday & Fridays 10:30AM-11:30AM	BH	10/1 to 11/8	\$43(P) - \$59(NP) SilverSneakers, Silver & Fit & Renew Active (NC)
Chair Yoga	Wednesdays 9:30AM-10:15AM	MP	10/9 to 11/13	\$21(P) - \$37(NP) Silver Sneakers, Silver & Fit & Renew Active (NC)
Tai Chi	Tuesdays 9:45AM-10:40AM	MP	Ongoing	\$6 Per Session (P) (NP) Silver Sneakers, Silver & Fit & Renew Active (NC)
Gentle Yoga	Mondays 9AM-10:15AM	MP	Ongoing	<u>Pricing Below is for Yoga</u> 6 Sessions \$54(P)
Slow Flow Yoga	Mondays 10:30AM-11:45AM	MP	Ongoing	6 Sessions \$70(NP) 12 Sessions \$91(P)
Yoga	Fridays 9:30AM-11AM	MP	Ongoing	12 Sessions \$107(NP) SilverSneakers Only - \$4 Per Session
Oil & Acrylic Painting	Tuesdays 9:30-12:30PM	A&C	10/1 to 11/5	\$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 **8/14 (No AM Classes)**, 9/2, **9/11(No AM Classes)**, 9/19, **11/11 (No AM Classes)**, 11/28 & **11/29**)

Due to pool size, water classes limited to Partners only

Water Classes	Date & Times	Session Dates - 8 Wks	Session Dates - 10 Wks + 3 Days
Aerobics	MWF 9-9:50AM	8/12 to 10/4 - \$84	10/7 to 12/18 - \$120
Arthritis Plus	MWF 10-10:50AM	8/12 to 10/4 - \$84	10/7 to 12/18 - \$120
Move It or Lose It	MWF 11-11:50AM	8/12 to 10/4 - \$84	10/7 to 12/18 - \$120
Aerobics	MW 4:30-5:20PM	8/12 to 10/2 - \$60	10/7 to 12/18 - \$88
Aerobics	MW 5:30-6:20PM	8/12 to 10/2 - \$60	10/7 to 12/18 - \$88
Aerobics	TT 8-8:50AM	8/13 to 10/3 - \$60	10/8 to 12/17 - \$80
Move It or Lose It Plus	TT 9-9:50AM	8/13 to 10/3 - \$60	10/8 to 12/17 - \$80
Arthritis Plus	TT 10-10:50AM	8/13 to 10/3 - \$60	10/8 to 12/17 - \$80
Aerobics	TT 11-11:50AM	8/13 to 10/3 - \$60	10/8 to 12/17 - \$80

Join the Levine Senior Center as we travel to Myrtle Beach. There will be an 11:30AM departure for Myrtle Beach from the Levine Senior Center on Monday, November 4th. We will stop for lunch on the way to the beach. Once there you will have the evening on your own to tour the area. On Tuesday November 5th, we will enjoy a Thanksgiving luncheon at 11:30AM and matinee show at 2PM at the Alabama Theatre. Upon the ending of the show we will make our way back to Matthews with a quick stop for dinner. We will arrive to the Levine Center on Tuesday November 5th around 8:30PM. Stop by the Center Library or call 704-846-4654 for more information.