## **Classes and special events spotlight**

## Medicare 101

## Please call for dates

Are you eligible for Medicare or will be soon? Join us for an overview of your Medicare choices. RSVP to 1-702-677-3055, TTY 711.

This class is also offered in Spanish on the same days at 3:30-4:30 p.m.

#### Medicare Advantage Plan Seminar Please call for dates

Still have Medicare guestions? A licensed sales agent will give more information. They'll also help with applications. RSVP to 1-702-677-3055, TTY 711.

This class is also offered in Spanish on the same days at 3:30-4:30 p.m.

## **Cooking Demonstration**

## April 1, May 6, June 3, 11:30 a.m.-1 p.m.

Join us once a month for fast, easy, low cost, one pot, one pan meals. **RSVP required.** 

## **Golden Line Dancing**

### Thursdays, 10:30-11:30 a.m.

Get moving with fun and easy line dances. These help with gaining range of motion with a flair of cardio.

## Kung Fu Fitness

RSVP

RSVP

**RSVP** 

#### Mondays, 11:30 a.m.-12:30 p.m.

Exercises influenced by martial arts. These help with balance and lower the risk of falls with a zest of cardio.

RSVP

## Scam Awareness

April 8, 12-1 p.m.

Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud.

## **AARP Home Fit**

Smart ways to make a home or apartment comfortable, safe, and a great fit for anyone.

## **Advance Directive**

April 28, 1:30-2:30 p.m.

Self Defense

## Come and socialize with us in these classes

## **Bingo/Birthday** May 9, June 13; 11:30 a.m.-1 p.m.

**Book Club** Thursdays, 9:30-10:30 a.m.

## **Community Support** Tuesdays, 1-2 p.m.

**Color Expression Art** 

Thursdays, 10:30 a.m.-12:30 p.m.

Games Daily, 8 a.m.-3:30 p.m.

Intro to Beading (RSVP) 2nd and 3rd Thursdays 10:30 a.m.-12:30 p.m.

Technology 1:1 April 10, May 8, June 12 10:30-11:30 a.m.

**Technology Group** April 17, May 15, June 19 10:30-11:30 a.m.

Like us on Facebook and Instagram.



facebook.com/ **SMALasVegas** 



Optum

## **Optum Community Center - East**

5820 S. Eastern Ave., Ste. 100 Las Vegas, NV 89119

## **Optum Community Center – East**

## Address:

**Optum Community Center** 5820 S. Eastern Ave., Ste. 100 Las Vegas, NV 89119

## Hours:

Monday-Friday: 8 a.m.-4 p.m. Saturday and Sunday: closed

## Contact:

1-702-797-2376, TTY 711 optumnv.com/community-centers

## In case of a medical emergency, please dial 911.

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It's the new year. Schedule your annual wellness visit. You could get a \$50 gift card for completing this important screening.

Call 1-702-797-2353, TTY 711, to make an appointment.

May 6, 12-1 p.m.

June 4, 12-1 p.m





# East

**Optum Community Center activity calendar** April-June 2025

Stay active, be healthy and build relationships in a place where you belong.



April 2025				East	May 2025
Monday	Tuesday	Wednesday	Thursday	Friday	Monday
	Zumba® Toning   1     8:30-9:30 a.m.   1	Brain Trainers   2     8:30-9:30 a.m.   2	<b>Chair Yoga 3</b> 8:30-9:30 a.m.	<b>Music &amp; Movement 4</b> 8:30-9:30 a.m.	To see the full calend
	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	<b>Graceful Movers</b> 9:30-10:30 a.m.	<b>Aerobics</b> 9:30–10:30 a.m.	optumnv.com/com
	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30–11:30 a.m.	<b>Golden Line Dancing</b> 10:30–11:30 a.m. <b>Strength &amp; Endurance</b>	<b>Tai Chi</b> 10:30-11:30 a.m.	To RSVP, call <b>1-702-7</b>
	Cooking Demonstration	Chair Yoga	1–2 p.m.	Stay Fit Gold 12-1 p.m.	All classes at the Opt
	11:30 a.m1 p.m.	11:30 a.m12:30 p.m.	<b>Grief Support</b> 1-2:30 p.m.	Yoga on Mat 1-2 p.m.	are open to the gene
	<b>Core Strength</b> 1–2 p.m. <b>Seated Tai Chi</b> 2–3 p.m.	Line Dancing 1-2 p.m. and 2-3 p.m.	Music & Movement 2-3 p.m.	How to Meditate 2-3 p.m.	Classes geared towa
Brain Trainers   7     8:30-9:30 a.m.   7	Zumba® Toning   8     8:30-9:30 a.m.   8	Brain Trainers   9     8:30-9:30 a.m.   9	8:30-9:30 a.m.	Music & Movement   11     8:30-9:30 a.m.   11	Brain Trainers   5     8:30-9:30 a.m.   5
<b>Chair Yoga</b> 9:30-10:30 a.m.	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	Graceful Movers 9:30-10:30 a.m.	<b>Aerobics</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m.	<b>Chair Yoga</b> 9:30-10:30 a.m.
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30–11:30 a.m.	<b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b>	Bingo 11 a.m12:15 p.m. Spring Potluck	<b>Yin Yoga</b> 10:30-11:30 a.m.
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. Grief Support	11:30 a.m2:30 p.m. <b>Stay Fit Gold</b> 12-1 p.m.	<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	Line Dancing	1–2:30 p.m. Music & Movement	Yoga on Mat 1-2 p.m. How to Meditate	Dance Fusion 1-2 p.m.
Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 p.m.	1-2 p.m. and 2-3 p.m.	2-3 p.m.	2-3 p.m.	Mat Pilates 2–3 p.m.
Brain Trainers   14     8:30-9:30 a.m.   14	Zumba® Toning   15     8:30-9:30 a.m.	Brain Trainers   16     8:30-9:30 a.m.   16	8:30-9:30 a.m.	<b>Music &amp; Movement 18</b> 8:30-9:30 a.m.	Brain Trainers   12     8:30-9:30 a.m.   12
<b>Chair Yoga</b> 9:30-10:30 a.m.	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	Graceful Movers 9:30-10:30 a.m.	<b>Aerobics</b> 9:30-10:30 a.m.	<b>Chair Yoga</b> 9:30-10:30 a.m.
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30-11:30 a.m.	Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance	<b>Tai Chi</b> 10:30-11:30 a.m.	<b>Yin Yoga</b> 10:30-11:30 a.m.
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. Grief Support	Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.	<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	Line Dancing	1-2:30 p.m. Music & Movement	How to Meditate	Dance Fusion 1-2 p.m.
Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 p.m.	1-2 p.m. and 2-3 p.m.	2–3 p.m.	2-3 p.m.	Mat Pilates 2–3 p.m.
Brain Trainers   21     8:30-9:30 a.m.   1000000000000000000000000000000000000	Zumba® Toning   22     8:30-9:30 a.m.   22	Brain Trainers   23     8:30-9:30 a.m.   -9:30 a.m.	8:30-9:30 a.m.	Music & Movement   25     8:30-9:30 a.m.	Brain Trainers   19     8:30-9:30 a.m.
<b>Chair Yoga</b> 9:30–10:30 a.m.	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	Graceful Movers 9:30–10:30 a.m. Golden Line Dancing	<b>Aerobics</b> 9:30-10:30 a.m.	<b>Chair Yoga</b> 9:30-10:30 a.m.
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30-11:30 a.m.	10:30–11:30 a.m. Strength & Endurance	<b>Tai Chi</b> 10:30-11:30 a.m.	<b>Yin Yoga</b> 10:30-11:30 a.m.
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. Grief Support	Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.	<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	Line Dancing	1–2:30 p.m. Music & Movement	How to Meditate	Dance Fusion 1-2 p.m.
Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 p.m.	1-2 p.m. and 2-3 p.m.	2–3 p.m.	2-3 p.m.	Mat Pilates 2–3 p.m.
8:30-9:30 a.m.	Zumba® Toning   29     8:30-9:30 a.m.	Brain Trainers   30     8:30-9:30 a.m.   30			26
<b>Chair Yoga</b> 9:30–10:30 a.m.	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.			Closed for
<b>Yin Yoga</b> 10:30–11:30 a.m. <b>Kung Fu Fitness</b>	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30–11:30 a.m.			the holiday
11:30 a.m12:30 p.m. <b>Dance Fusion</b> 1-2 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.			
Advance Directives 1:30-2:30 p.m.	Core Strength 1–2 p.m.	Line Dancing			
1.30-2.30 p.m. Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 nm	9			

**Seated Tai Chi** 2–3 p.m. 1–2 p.m. and 2–3 p.m.

Mat Pilates 2-3 p.m.

025 Monday Tuesday the full calendar, visit nnv.com/community-centers /P, call **1-702-797-2376,** TTY **711.** sses at the Optum Community Center en to the general public at no cost. es geared toward the 55+ community. 6 Brain 7 rainers 5 Zumba<sup>®</sup> Toning 30 a.m. 8:30-9:30 a.m. 8:30-**Body Blast** oga Stay F ):30 a.m. 9:30-10:30 a.m. 9:30-**Arthritis Program** la Arthri 10:30-11:30 a.m. 1:30 a.m. 10:30-Cooking u Fitness **Chair** Demonstration m.-12:30 p.m. 11:30 11:30 a.m.-1 p.m. **Fusion** 1-2 p.m. Core Strength 1-2 p.m. Line D Seated Tai Chi 2-3 p.m. 1-2 p.n **ates** 2-3 p.m. **12** Zumba<sup>®</sup> Toning rainers 13 Brain 7 8:30-9:30 a.m. 8:30-9 30 a.m. Stay F **Body Blast** oga ):30 a.m. 9:30-10:30 a.m. 9:30-

**Arthritis Program** 10:30-11:30 a.m. Sound Healing

11:45 a.m.-12:45 p.m. 11:30 Core Strength 1-2 p.m. Line D **Fusion** 1-2 p.m. Seated Tai Chi 2-3 p.m. 1-2 p.n

> **19** Zumba<sup>®</sup> Toning 20 Brain 1 8:30-9:30 a.m. 8:30-Body Blast Stay F 9:30-10:30 a.m. 9:30-Arthritis Program Arthri

10:30-11:30 a.m. Sound Healing

11:45 a.m.-12:45 p.m.. 11:30 Core Strength 1-2 p.m. Line D

Seated Tai Chi 2-3 p.m. 1-2 p.m. 26 Zumba® Toning 27 Brain 1 8:30-8:30-9:30 a.m. **Body Blast** Stay F

9:30-10:30 a.m. 9:30-**Arthritis Program** Arthri 10:30-11:30 a.m. 10:30-Sound Healing **Chair** 11:45 a.m.-12:45 p.m. 11:30 Core Strength 1-2 p.m. Line D

Seated Tai Chi 2-3 p.m. 1-2 p.r

		East
Wednesday	Thursday	Friday
nter – East :. <b>hity.</b>	Chair Yoga 1   8:30-9:30 a.m. Graceful Movers   9:30-10:30 a.m. -   Golden Line Dancing 10:30-11:30 a.m.   Strength & Endurance -   1-2 p.m. Grief Support   1-2:30 p.m. -   Music & Movement 2-3 p.m.	Music & Movement 2   8:30-9:30 a.m. -   Aerobics -   9:30-10:30 a.m. -   Tai Chi -   10:30-11:30 a.m. -   Stay Fit Gold 12-1 p.m. -   Yoga on Mat 1-2 p.m. -   How to Meditate 2-3 p.m.
Brain Trainers 7   8:30-9:30 a.m. -   Stay Fit -   9:30-10:30 a.m. -   Arthritis Gold -   10:30-11:30 a.m. -   Chair Yoga -   11:30 a.m12:30 p.m. -   Line Dancing -   1-2 p.m. and 2-3 p.m. -	Chair Yoga 8   8:30-9:30 a.m. Graceful Movers   9:30-10:30 a.m. 9:30-10:30 a.m.   Golden Line Dancing 10:30-11:30 a.m.   Strength & Endurance 1-2 p.m.   Grief Support 1-2:30 p.m.   Music & Movement 2-3 p.m.	Music & Movement 9   8:30-9:30 a.m. Aerobics   9:30-10:30 a.m. Tai Chi   10:30-11:30 a.m. Bingo   11:30 a.m12:30 p.m. Stay Fit Gold 12-1 p.m.   Yoga on Mat 1-2 p.m. How to Meditate   2-3 p.m. P.M.
Brain Trainers 14   8:30-9:30 a.m. 14   Stay Fit 10:30-10:30 a.m.   Arthritis Gold 10:30-11:30 a.m.   Chair Yoga 11:30 a.m12:30 p.m.   Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 15   8:30-9:30 a.m. Graceful Movers   9:30-10:30 a.m. 9:30-10:30 a.m.   Golden Line Dancing 10:30-11:30 a.m.   Strength & Endurance 1-2 p.m.   Grief Support 1-2:30 p.m.   Music & Movement 2-3 p.m.	Music & Movement 16   8:30-9:30 a.m. 4   Aerobics 9:30-10:30 a.m.   Tai Chi 10:30-11:30 a.m.   10:30-11:30 a.m. 5   Stay Fit Gold 12-1 p.m. 12   Yoga on Mat 1-2 p.m. 12   How to Meditate 2-3 p.m.
Brain Trainers 21   8:30-9:30 a.m. 30   Stay Fit 9:30-10:30 a.m.   Arthritis Gold 10:30-11:30 a.m.   Chair Yoga 11:30 a.m12:30 p.m.   Line Dancing 1-2 p.m. and 2-3 p.m.		Music & Movement 23   8:30-9:30 a.m. 23   Aerobics 9:30-10:30 a.m.   Tai Chi 10:30-11:30 a.m.   10:30-11:30 a.m. 5   Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.   How to Meditate 2-3 p.m.
Brain Trainers 28   8:30-9:30 a.m. 4   Stay Fit 9:30-10:30 a.m.   9:30-10:30 a.m. 4   Arthritis Gold 10:30-11:30 a.m.   Chair Yoga 11:30 a.m12:30 p.m.   Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 29   8:30-9:30 a.m. Graceful Movers   9:30-10:30 a.m. 9:30-10:30 a.m.   Golden Line Dancing 10:30-11:30 a.m.   Strength & Endurance 1-2 p.m.   Grief Support 1-2:30 p.m.   Music & Movement 2-3 p.m.	Music & Movement 30   8:30-9:30 a.m. 4   Aerobics 9:30-10:30 a.m.   9:30-10:30 a.m. 5   Tai Chi 10:30-11:30 a.m.   Stay Fit Gold 12-1 p.m. 4   Yoga on Mat 1-2 p.m. 4   How to Meditate 2-3 p.m.

## June 2025

June 2025 East							
Monday	Tuesday	Wednesday	Thursday	Friday			
Brain Trainers 2 8:30-9:30 a.m. Chair Yoga	Zumba® Toning   3     8:30-9:30 a.m.	Brain Trainers 4 8:30–9:30 a.m. Stay Fit	Chair Yoga   5     8:30-9:30 a.m.   Graceful Movers	Music & Movement68:30-9:30 a.m.Aerobics			
9:30-10:30 a.m.	9:30-10:30 a.m. Arthritis Program	9:30-10:30 a.m.	9:30-10:30 a.m. Golden Line Dancing	9:30–10:30 a.m. Tai Chi			
<b>Yin Yoga</b> 10:30-11:30 a.m.	10:30-11:30 a.m. <b>Cooking</b>	<b>Arthritis Gold</b> 10:30-11:30 a.m.	10:30-11:30 a.m. Strength & Endurance	10:30-11:30 a.m.			
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Demonstration</b> 11:30 a.m1 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. <b>Grief Support</b> 1-2:30 p.m.	Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.			
Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	<b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	Line Dancing 1-2 p.m. and 2-3 p.m.	<b>Music &amp; Movement</b> 2–3 p.m.	How to Meditate 2-3 p.m.			
<b>Brain Trainers</b> 9 8:30–9:30 a.m.	<b>Zumba® Toning</b> 10 8:30-9:30 a.m.	<b>Brain Trainers 11</b> 8:30–9:30 a.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>12</b>	<b>Music &amp; Movement 13</b> 8:30–9:30 a.m.			
<b>Chair Yoga</b> 9:30–10:30 a.m.	<b>Body Blast</b> 9:30-10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	Graceful Movers 9:30-10:30 a.m. Golden Line Dancing	<b>Aerobics</b> 9:30–10:30 a.m. <b>Tai Chi</b>			
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30-11:30 a.m.	<b>Arthritis Gold</b> 10:30–11:30 a.m.	10:30–11:30 a.m. Strength & Endurance	10:30-11:30 a.m. Bingo			
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. Grief Support	11:30 a.m12:30 p.m. <b>Stay Fit Gold</b> 12-1 p.m.			
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	Line Dancing	1-2:30 p.m. Music & Movement	Yoga on Mat 1-2 p.m. How to Meditate			
<b>Mat Pilates</b> 2–3 p.m.	Seated Tai Chi 2-3 p.m.	1-2 p.m. and 2-3 p.m.	2–3 p.m.	2-3 p.m.			
Brain Trainers   16     8:30-9:30 a.m.   16	Zumba® Toning   17     8:30-9:30 a.m.   -	Brain Trainers   18     8:30-9:30 a.m.	Chair Yoga   19     8:30-9:30 a.m.	<b>Music &amp; Movement 20</b> 8:30-9:30 a.m.			
<b>Chair Yoga</b> 9:30–10:30 a.m.	<b>Body Blast</b> 9:30–10:30 a.m.	<b>Stay Fit</b> 9:30-10:30 a.m.	Graceful Movers 9:30-10:30 a.m. Golden Line Dancing	<b>Aerobics</b> 9:30-10:30 a.m.			
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30–11:30 a.m.	<b>Arthritis Gold</b> 10:30–11:30 a.m.	10:30–11:30 a.m. Strength & Endurance	<b>Tai Chi</b> 10:30-11:30 a.m.			
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.	<b>Chair Yoga</b> 11:30 a.m12:30 p.m.	1-2 p.m. Grief Support	Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.			
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	<b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	1-2:30 p.m. Music & Movement	How to Meditate			
Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 p.m.		2–3 p.m.	2-3 p.m.			
Brain Trainers   23     8:30-9:30 a.m.   23	Zumba® Toning   24     8:30-9:30 a.m.   -9:30 a.m.	<b>Brain Trainers</b> 25 8:30-9:30 a.m.	8:30-9:30 a.m.	<b>Music &amp; Movement</b> 27 8:30-9:30 a.m.			
<b>Chair Yoga</b> 9:30-10:30 a.m.	<b>Body Blast</b> 9:30–10:30 a.m.	<b>Stay Fit</b> 9:30–10:30 a.m.	Graceful Movers 9:30-10:30 a.m. Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance 1-2 p.m. Grief Support 1-2:30 p.m. Music & Movement	<b>Aerobics</b> 9:30-10:30 a.m.			
<b>Yin Yoga</b> 10:30-11:30 a.m.	<b>Arthritis Program</b> 10:30–11:30 a.m.	<b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m12:30 p.m.		<b>Tai Chi</b> 10:30-11:30 a.m.			
<b>Kung Fu Fitness</b> 11:30 a.m12:30 p.m.	<b>Sound Healing</b> 11:45 a.m12:45 p.m.			Stay Fit Gold 12-1 p.m. Yoga on Mat 1-2 p.m.			
Dance Fusion 1-2 p.m.	Core Strength 1-2 p.m.	Line Dancing		How to Meditate			
Mat Pilates 2-3 p.m.	Seated Tai Chi 2-3 p.m.	1-2 p.m. and 2-3 p.m.	2–3 p.m.	2–3 p.m.			
Brain Trainers   30     8:30-9:30 a.m.   30							
<b>Chair Yoga</b> 9:30-10:30 a.m.							
<b>Yin Yoga</b> 10:30-11:30 a.m.							

Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.

