

2017 WINTER SCHEDULE (January 17 - March 10)

1/18/17

(R) = Registered Class

Monday	Tuesday	Wednesday	Thursday	Friday
FITNESS CENTER OPEN 8:30 - 4:45				
7:30 A.M.				
Chair Aerobics ID F858 Room F106 7:30 am - 8:20 am Inst. Danielle Cunningham		Chair Aerobics ID F859 Room F106 7:30 am - 8:20 am Inst. Danielle Cunningham		Chair Aerobics ID F861 Room F106 7:30 am - 8:20 am Inst. Danielle Cunningham
8:00 A.M.				
	Stretchercising ID F827 Offsite TBA 8:40 am - 8:50 am Inst. Warren		Stretchercising ID F827 Offsite TBA 8:40 am - 8:50 am Inst. Warren	
9:00 A.M.				
(R) Beg. Wire Wrap Jewelry ID L501 Room A106 9:00 am - 11:50 am Inst. Linda Bryan	(R) Int. Wire Wrap Jewelry ID L577 Room A106 9:00 am - 11:50 am Inst. Linda Bryan **NEW**	(R) Piano Basics 1 ID L519 Room A124 9:00 am - 9:50 am Inst. Corey Taylor	(R) Photography Tutoring ID T611 Room F109 9:00 am - 10:50 am Inst. Bob GlickSmith * Advanced Students Only, By Appointment	(R) Spanish 2 ID L541 Room A101 9:00 am - 9:50 am Inst. Odilia Moore
(R) Computer Basics I ID T601 Room A109 9:00 am - 9:50 am Inst. Tracie Hawkins	(R) Computer Basics 2 ID T603 Room A109 9:00 am - 9:50 am Inst. Tracie Hawkins	(R) Computer Basics I ID T601 Room A109 9:00 am - 9:50 am Inst. Tracie Hawkins	(R) Computer Basics 2 ID T603 Room A109 9:00 am - 9:50 am Inst. Tracie Hawkins	(R) Adv DSLR Camera Software Technique ID T616 Room A124 9:00 am - 10:50 am Inst. Bob GlickSmith *For students in T614 only
Arthritis Foundation Walk with Ease ID F820 Offsite TBA 9:00 am - 9:30 am Inst. Warren	Silver Sneakers Classic ID F828 Room F106 9:00 am - 9:50 am Inst. Ellen Mintzmyer	(R) Crochet with Plastic Bags ID L521 Room A114 9:00 am - 11:50 am Inst. Doretha Conner	Body Flow ID F845 Room F106 9:00 am - 9:50 am Inst. Danielle Cunningham	Zumba Group Exercise ID F853 Victory Room 9:30 am - 10:20 am Inst. Zsa Zsa Robinson
Open Exercise ID A713 Offsite TBA 9:00 am - 9:45 am Inst. E'Licia	Open Exercise ID A713 Offsite TBA 9:00 am - 9:45 am Inst. Nicole	Open Exercise ID A713 Offsite TBA 9:00 am - 9:45 am Inst. E'Licia	Open Exercise ID A713 Offsite TBA 9:00 am - 9:45 am Inst. E'Licia	Open Exercise ID A714 Offsite TBA 9:00 am - 10:00 am Inst. Nicole
(R) Martial Arts ID F801 Room F109 9:00 am - 9:50 am Inst. Tyrone Bailey	(R) Interior Decorating ID L508 Room A114 9:00 am - 10:50 am Inst. Janet Prioleau	(R) Martial Arts ID F801 Room F109 9:00 am - 9:50 am Inst. Tyrone Bailey	(R) Beginning Sign Language 1 ID L530 Room A124 9:00 am - 9:50 am Inst. Claudette Powdar	(R) Gift Ideas on the Internet ID T615 Room A109 9:00 am - 10:50 am Inst. Barry Roosevelt * Must have basic computer experience
Advanced Yoga ID F819 Victory Room 9:00 am - 9:50 am Inst. Lorna Lindsay	(R) Learn to Shoot Pool 1 ID L507 Room A108 9:00 am - 10:50 am Inst. Quincy Woods	Advanced Yoga ID F819 Victory Room 9:00 am - 9:50 am Inst. Lorna Lindsay	(R) Learn to Shoot Pool 2 ID L531 Room A108 9:00 am - 10:50 am Inst. Quincy Woods	

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		(R) Handmade Greeting Cards ID L520 Room A101 9:00 am - 10:50 am Inst. Julia Baker * \$35 Supply Fee		
10:00 A.M.				
Tai Chi ID F823 Room F109 10:00 am - 10:50 am Inst. Adelina San Juan	Line Dancing ID F830 Victory Room 10:00 am - 10:50 am Inst. Sylvia Bailey	Chachersize ID F836 Victory Room 10:00 am - 10:50 am Inst. Sheila Harper	Line Dancing ID F830 Victory Room 10:00 am - 10:50 am Inst. Sylvia Bailey	(R) Spanish 1 ID L542 Room A101 10:00 am - 10:50 am Inst. Odilia Moore
(R) Beginning Excel ID T625 Room A109 10:00 am - 10:50 am Inst. Tracie Hawkins	(R) Crochet by Numbers ID L512 Room A123 10:00 am - 12:50 pm Inst. Cola Turner	(R) Smart Phones ID T608 Room A109 10:00 am - 10:50 am Tracie Hawkins	(R) Crochet by Numbers ID L512 Room A123a 10:00 am - 12:50 pm Inst. Cola Turner	(R) Traditional Crochet ID L543 Room A114 10:00 am - 12:50 pm Inst. Marina Ogle
Self Defense ID F822 Room F106 10:00 am - 10:50 am Inst. Tyrone Bailey	(R) Quilting Advanced ID L511 Room A125 10:00 am - 11:50 am Inst. Karen Furnish * \$20 Machine Fee	Self Defense ID F822 Room F106 10:00 am - 10:50 am Inst. Tyrone Bailey	(R) Sewing with Patterns ID L536 Room A125 10:00 am - 12:50 pm Inst. Janice Johnson * Must know how to operate sewing machine	JD's Line Dancing ID F815 Victory Room 10:30 a.m. - 11:20 a.m. Inst. JD Hall
Intermediate Water Fitness ID A716 Offsite TBA 10:00 am - 10:45 am Inst. E'Licia	Butt, Legs & Thighs ID F855 Room F106 10:00 am - 10:50 am Inst. Karen Drake ** NEW**	Intermediate Water Fitness ID A716 Offsite TBA 10:00 am - 10:45 am Inst. E'Licia	Pilates ID F833 Room F106 10:00 am - 10:50 am Inst. Karen Drake	(R) Dressmaking by Pattern ID L544 Room A125 10:00 am - 12:50 pm Inst. Gloria Williamson * Machine Fee
Zumba Group Exercise ID F821 Victory Room 10:00 am - 10:50 am Inst. Zsa Zsa Robinson	(R) PowerPoint, Beg. ID T604 Room A109 10:00 am - 10:50 am Inst. Tracie Hawkins	(R) Piano Basics 2 ID L522 Room A124 10:00 am - 10:50 am Inst. Corey Taylor	(R) Beginning Internet ID T612 Room A109 10:00 am - 10:50 am Inst. Tracie Hawkins	
(R) Bridge, Beginners Part 2 ID L502 Room A101 10:00 am - 11:50 am Inst. James Brown * Must complete Part 1	Advanced Water Aerobics ID A722 Offsite TBA 10:00 am - 10:45 am Inst. Betty	(R) Basic Digital Cameras 2 ID T607 Room A106 10:00 am - 11:50 am Inst. Barry Roosevelt ** NEW**	Advanced Water Aerobics ID A722 Offsite TBA 10:00 am - 10:45 am Inst. Betty	
	(R) Beg. Copperplate Calligraphy ID L576 Room A124 10:00 am - 11:50 am Inst. Carol Gray * Supply Fee ** NEW**	(R) Hat Making ID L523 Room A125 10:00 am - 12:50 pm Inst. Ora Dabney * Supply Fee; Bring Machine	(R) Semi Pro Greeting Cards ID L534 Room A106 10:00 am - 11:50 am Inst. Mattie Driver * \$40 Supply Fee	
	(R) Tennis ID F805 Dottie Bridges Park 10:00 am - 12:00 pm Inst. U. Woods	Romance From 50 to Forever ID L554 Room A117 10:00 am - 11:50 am Inst. Rochelle Evans	(R) Tennis ID F805 Dottie Bridges Park 10:00 am - 12:00 pm Inst. U. Woods	

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Monday	Tuesday	Wednesday	Thursday	Friday
	(R) African Americans in the Arts ID L567 Room 117 10:00 am - 11:50 am Inst. Samuel Williams			
11:00 A.M.				
(R) Advanced Modeling Icon ID L566 Room A125 11:00 am - 11:50 am Inst. Jan Reynolds	(R) Beginning Publisher ID T621 Room A109 11:00 am - 11:50 am Inst. Tracie Hawkins **NEW**	(R) Piano Basics 3 ID L524 Room A124 11:00 am - 11:50 am Inst. Corey Taylor	(R) Windows 10 & Using Your Laptop ID T613 Room A109 11:00 am - 11:50 am Inst. Tracie Hawkins * Bring your laptop	Open Exercise ID A714 Offsite TBA 11:00 am - 12:00 pm Inst. Nicole
(R) Beginning Swim Lessons ID A701 Offsite TBA 11:00 am - 11:45 am Inst. Frances	(R) Beginning Swim Lessons ID A704 Offsite TBA 11:00 am - 11:45 am Inst. Betty	(R) Beginning Swim Lessons ID A701 Offsite TBA 11:00 am - 11:45 am Inst. Frances	(R) Beginning Swim Lessons ID A704 Offsite TBA 11:00 am - 11:45 am Inst. Betty	Boot Camp Fitness ID F824 Room F106 11:00 am - 11:50 am Inst. Joy Fields
Mellow Moments ID L549 Room A124 11:00 am - 11:50 am Inst. Rochelle Evans	Chair Aerobics ID F881 Room F106 11:00 am - 11:50 am Inst. Joy Fields	Chair Aerobics ID F838 Room F106 11:00 am - 11:50 am Inst. Zsa Zsa Robinson	Chair Aerobics ID F882 Room F106 11:00 am - 11:50 am Inst. Joy Fields	(R) Your Camera & You - OJT ID T617 Room A117 11:00 am - 12:50 pm Inst. Barry Roosevelt **NEW**
	Limited Mobility Chair Aerobics ID F832 Victory Room 11:00 am - 11:50 am Inst. Tyrone Bailey	Line Dancing ID F839 Victory Room 11:00 am - 11:50 am Inst. Sylvia Bailey	Limited Mobility Chair Aerobics ID F835 Victory Room 11:00 am - 11:50 am Inst. Tyrone Bailey	
	(R) Event Planning ID L516 Room A114 11:00 am - 12:50 pm Inst. Janet Prioleau		(R) Beginning Line Dancing ID F886 Room A101 11:00 am - 11:50 am Inst. Ruth Mayo * \$20 Fee	
	Walking for Weight Loss ID F831 Meet outside room F106 11:00 am - 11:50 am Inst. Karen Drake		Walking for Weight Loss ID F831 Meet outside room F106 11:00 am - 11:50 am Inst. Karen Drake	
12:00 P.M.				
Aquatics Orientation Offsite TBA 12:00 pm - 12:45 pm Inst. E'Licia	Aquatics Orientation Offsite TBA 12:00 pm - 12:45 pm Inst. Nicole	Aquatics Orientation Offsite TBA 12:00 pm - 12:45 pm Inst. E'Licia	Aquatics Orientation Offsite TBA 12:00 pm - 12:45 pm Inst. E'Licia	Chair Aerobics ID F856 Room F106 12:00 am - 12:50 pm Inst. Zsa Zsa Robinson

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Monday	Tuesday	Wednesday	Thursday	Friday
(R) Modeling Icon for Beginners ID L503 Room A125 12:00 pm - 12:50 pm Inst. Jan Reynolds	(R) Highlighters ID F807 Room F109 12:00 pm - 12:50 pm Inst. Johnnye Ashley	(R) Piano Basics 4 ID L525 Room A124 12:00 pm - 12:50 pm Inst. Corey Taylor	Nutrition Kale Yeah ID L559 Room A106 12:00 pm - 12:50 pm Inst. Kay Zooper	
(R) Bridge Intermediate ID L504 Room A101 12:00 pm - 12:50 pm Inst. James Brown	Arthritis Foundation Aquatics ID A724 Offsite TBA 12:00 pm - 12:45 pm Inst. Betty	Toastmasters ID L555 Room A117 12:00 pm - 1:15 pm	Arthritis Foundation Aquatics ID A724 Offsite TBA 12:00 pm - 12:45 pm Inst. Betty	
1:00 P.M.				
(R) Beginning Pottery Making ID L506 Room A101 1:30 pm - 4:30 pm Inst. John Shultz * \$30 Supply Fee	(R) Quilting, Beginning ID L513 Room A125 1:00 pm - 2:50 pm Inst. Karen Furnish * \$20 Machine Fee	(R) Advanced Pottery ID L528 Room A101 1:00 pm - 3:50 pm Inst. John Shultz * \$30 Supply Fee	(R) Highlighters ID F808 Room F109 1:00 pm - 1:50 pm Inst. Johnnye Ashley	(R) Ceramics ID L545 Room A101 1:00 pm - 3:50 pm Inst. John Shultz * \$30 Supply Fee
(R) Intermediate Swim Lessons ID A702 Offsite TBA 1:00 pm - 1:45 pm Inst. Warren/E'Licia	(R) Theatre Arts ID L514 Room A123 1:00 pm - 2:50 pm Inst. Samuel Williams	(R) Intermediate Swim Lessons ID A702 Offsite TBA 1:00 pm - 1:45 pm Inst. Warren/E'Licia	(R) Sudoku For Beginners ID L537 Room A125 1:00 pm - 2:30 pm Inst. Imogene Archer	(R) Oil Painting ID L546 Room A106 1:00 pm - 3:50 pm Inst. Bill White, Assistant
Arthritis Foundation Exercise ID F825 Room F106 1:00 pm - 1:50 pm Inst. Zsa Zsa Robinson	Beginning Yoga ID F829 Room F106 1:00 pm - 1:50 pm Inst. Karen Drake	African American History ID L558 Room A117 1:30 pm - 3:30 pm Inst. Frances King	Beginning Yoga ID F829 Room F106 1:00 pm - 1:50 pm Inst. Karen Drake	(R) Art of Meditation ID F817 Room A123b 1:00 pm - 2:50 pm Inst. Larry Davis
	(R) Advanced Writing ID L515 Room A101 1:00 pm - 2:50 pm Inst. Anita Clay *Must have completed L527	(R) Beginning Writers ID L527 Room A124 1:00 pm - 2:50 pm Inst. Anita Clay	(R) Adv DSLR Camera Hardware Technique ID T614 Room A124 1:00 pm - 2:50 pm Inst. Bob GlickSmith *Must have completed Basic, Intermediate or Bootcamp	(R) Advanced Digital Photography Workshop ID T618 Room A124 1:00 pm - 2:50 pm Inst. Bob GlickSmith *For students in T614, T616 only
	(R) Beginner Volleyball ID A707 Offsite TBA 1:00 pm - 2:00 pm Inst. Frances	Weight Watchers ID L556 Room A106 1:00 pm - 1:50 pm Inst. Trudie Jeffery	(R) Beginner Volleyball ID A707 Offsite TBA 1:00 pm - 2:00 pm Inst. Frances	(R) Drapery Making ID L547 Room A125 1:00 pm - 3:50 pm Inst. Gloria Williamson
	(R) Beginning Line Dancing ID F885 Room A106 1:00 pm - 1:50 pm Inst. Ruth Mayo * \$20 Fee	(R) Better Pics on Cell Phones & Tablets, Plus Editing ID T609 Room A109 1:00 pm - 2:50 pm Inst. Barry Roosevelt **NEW**		
		(R) Quilting, Beginning from Scratch ID L526 Room A125 1:00 pm - 3:50 pm Inst. Marilyn Franklin		

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Monday	Tuesday	Wednesday	Thursday	Friday
		Cardio Circuit Aerobics ID F840 Room F106 1:00 pm - 1:50 pm Inst. Danielle Cunningham		
2:00 P.M.				
(R) Advanced Swim Lessons ID A703 Offsite TBA 2:00 pm - 2:45 pm Inst. Warren/E'Licia	(R) Pinochle ID L562 Room A106 2:00 pm - 3:30 pm Inst. Booker Donnell	(R) Advanced Swim Lessons ID A703 Offsite TBA 2:00 pm - 2:45 pm Inst. Warren/E'Licia	(R) Pinochle ID L562 Room A106 2:00 pm - 3:30 pm Inst. Booker Donnell	
(R) Ballroom Dancing ID F803 Victory Room 2:00 pm - 3:30 pm Inst. Johnny Kimbrough	(R) Beg. Guitar 1 Lessons ID L517 Room A124 2:00 pm - 2:50 pm Inst. Bob Ayers * \$25 Fee	Tai Chi Arthritis Foundation ID F842 Room F106 2:00 pm - 2:50 pm Inst. Hertencer Sheppard	Strength Training ID F852 Room F106 2:00 pm - 2:50 pm Inst. Karen Drake	Tai Chi Arthritis Foundation ID F842 Room F106 2:00 pm - 2:50 pm Inst. Hertencer Sheppard
	Dynamic Abs ID F851 Room F106 2:00 pm - 2:50 pm Inst. Karen Drake	Brains, Flexibility, Balance ID F841 Room F109 2:00 pm - 2:50 pm Inst. Lorna/Zsa Zsa		
		(R) Hip Hop Line Dance ID F818 Room A106 2:00 pm - 3:50 pm Inst. Senella Watson		
3:00 P.M.				
Multi Level Water Fitness ID A718 Offsite TBA 3:00 pm - 3:45 pm Inst. E'Licia	(R) Beg. Guitar 2 Lessons ID L518 Room A124 3:00 pm - 3:50 pm Inst. Bob Ayers * \$25 Fee	Multi Level Water Fitness ID A718 Offsite TBA 3:00 pm - 3:45 pm Inst. E'Licia	Orientation to Fitness Center for new members ID F870 Room F106 3:00 pm - 3:50 pm Inst. Karen Drake	
Silver Sneakers Classic ID F826 Room F106 3:00 pm - 3:50 pm Inst. Ellen Mintzmyer	(R) Quilting, Beginning ID L569 Room A125 3:00 pm - 4:50 pm Inst. Karen Furnish * \$20 Machine Fee	Silver Sneakers Classic ID F826 Room F106 3:00 pm - 3:50 pm Inst. Ellen Mintzmyer		Silver Sneakers Classic ID F826 Room F106 3:00 pm - 3:50 pm Inst. Ellen Mintzmyer
4:00 P.M.				
Open Exercise ID A719 Offsite TBA 4:00 pm - 4:45 pm Inst. E'Licia	Open Exercise ID A719 Offsite TBA 4:00 pm - 4:45 pm Inst. E'Licia	Open Exercise ID A719 Offsite TBA 4:00 pm - 4:45 pm Inst. E'Licia	Open Exercise ID A719 Offsite TBA 4:00 pm - 4:45 pm Inst. E'Licia	