

# 2017 SUMMER CORE SCHEDULE (August 28 - Sept. 22)

8/25/17

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>FITNESS CENTER OPEN 8:30 - 4:45</b>  |   |  |  |  |
| <b>7:30 A.M.</b>  |   |  |  |  |
| <b>Chair Aerobics</b><br>ID F858 Room F106<br>7:30 am - 8:20 am<br>Inst. Danielle Cunningham  |   | <b>Chair Aerobics</b><br>ID F859 Room F106<br>7:30 am - 8:20 am<br>Inst. Danielle Cunningham   |  | <b>Chair Aerobics</b><br>ID F861 Room F106<br>7:30 am - 8:20 am<br>Inst. Danielle Cunningham                                 |
| <b>9:00 A.M.</b>  |   |  |  |  |
| <b>Beg. Wire Wrap Jewelry</b><br>ID L501 Room A106<br>9:00 am - 11:50 am<br>Inst. Linda Bryan   | <b>Int. Wire Wrap Jewelry</b><br>ID L577 Room A106<br>9:00 am - 11:50 am<br>Inst. Linda Bryan   | <b>How to Make a T-Shirt Quilt Workshop</b><br><b>9/6 ONLY</b><br>ID L579 Room A125<br>9:00am - 12:00 pm;<br>1:00pm - 4:00 pm<br>Inst. Marilyn Franklin<br><b>\$25 Fee</b><br><b>SIGN UP AT FRONT DESK</b> | <b>Body Flow</b><br>ID F845 Room F106<br>9:00 am - 9:50 am<br>Inst. Danielle Cunningham  | <b>Zumba Group Exercise</b><br>ID F853 Victory Room<br>9:30 am - 10:20 am<br>Inst. Zsa Zsa Robinson                          |
| <b>Open Exercise</b><br>ID A713<br>9:00 am - 11:45 am<br>Inst. E'Licia  | <b>Open Exercise</b><br>ID A713<br>9:00 am - 9:45 am<br>Inst. Nicole  | <b>Open Exercise</b><br>ID A713<br>9:00 am - 11:45 am<br>Inst. E'Licia   | <b>Open Exercise</b><br>ID A713<br>9:00 am - 9:45 am<br>Inst. E'Licia  | <b>Open Exercise</b><br>ID A714<br>9:00 am - 12:00 pm<br>Inst. Nicole  |
| <b>Photography Bootcamp</b><br><b>8/28, 8/29, 8/30 ONLY</b><br>ID L570 Room A124<br>9:00 am - 3:00 pm<br>Inst. Bob GlickSmith<br>*All skill levels. Digital cameras are required. | <b>Photography Bootcamp</b><br><b>8/28, 8/29, 8/30 ONLY</b><br>ID L570 Room A124<br>9:00 am - 3:00 pm<br>Inst. Bob GlickSmith<br>*All skill levels. Digital cameras are required. | <b>Photography Bootcamp</b><br><b>8/28, 8/29, 8/30 ONLY</b><br>ID L570 Room A124<br>9:00 am - 3:00 pm<br>Inst. Bob GlickSmith<br>*All skill levels. Digital cameras are required.                          |  |  |
| <b>Advanced Yoga</b><br>ID F819 Victory Room<br>9:00 am - 9:50 am<br>Inst. Lorna Lindsay  | <b>Silver Sneakers Classic</b><br>ID F828 Room F106<br>9:00 am - 9:50 am<br>Inst. Ellen Mintzmyer   | <b>Advanced Yoga</b><br>ID F819 Victory Room<br>9:00 am - 9:50 am<br>Inst. Lorna Lindsay   |  |  |
|   |   | <b>Crochet with Plastic Bags</b><br>ID L521 Room A114<br>9:00 am - 11:50 am<br>Inst. Doretha Conner  |  |  |
| <b>10:00 A.M.</b>   |   |  |  |  |
| <b>Tai Chi</b><br>ID F823 Room F109<br>10:00 am - 10:50 am<br>Inst. Adelina San Juan  | <b>Line Dancing</b><br>ID F830 Victory Room<br>10:00 am - 10:50 am<br>Inst. Sylvia Bailey   | <b>Chachersize</b><br>ID F836 Victory Room<br>10:00 am - 10:50 am<br>Inst. Sheila Harper   | <b>Line Dancing</b><br>ID F830 Victory Room<br>10:00 am - 10:50 am<br>Inst. Sylvia Bailey  | <b>Dressmaking by Pattern</b><br>ID L544 Room A125<br>10:00 am - 12:50 pm<br>Inst. Gloria Williamson<br><b>* Machine Fee</b> |
| <b>CPR</b><br><b>9/11 ONLY</b><br>ID A710 Room A123<br>10:00 a.m. - 10:50 a.m.<br>Inst. Warren St. James  | <b>Watercolor Batik Workshop</b><br><b>8/29 ONLY</b><br>ID L578 Room A101<br>10:00 am - 1:00 pm<br>Inst. Tracie Hawkins<br><b>\$25 Fee</b><br><b>SIGN UP AT FRONT DESK</b>        | <b>Romance From 50 to Forever</b><br>ID L554 Room A117<br>10:00 am - 11:50 am<br>Inst. Rochelle Evans  | <b>Intermediate Golf</b><br>ID F701 Mystery Valley Golf Club<br>10:00 am - 11:00 am<br>Inst. Billy Bulmer<br><b>* \$40 Fee</b><br><b>SIGN UP AT FRONT DESK</b> | <b>JD's Line Dancing</b><br>ID F815 Victory Room<br>10:30 a.m. - 11:20 a.m.<br>Inst. JD Hall                                 |

# 2017 SUMMER CORE SCHEDULE (August 28 - Sept. 22)

8/25/17

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>Scrapbooking</b><br><b>9/7, 9/8, 9/11 ONLY</b><br>ID L571 Room A106<br>10:30 am - 12:00 pm<br>Inst. Charlene Love<br><b>\$40 Supply Fee</b><br><b>SIGN UP AT FRONT DESK</b> | <b>Your Car Has Something to Say: An Under-hood Persepective</b><br><b>9/12 ONLY</b><br>ID L572 Room A106<br>10:00 am - 11:30 am<br>Inst. Herbert Love<br><b>SIGN UP AT FRONT DESK</b> | <b>Your Car Has Something to Say: An Under-hood Persepective</b><br><b>9/13 ONLY</b><br>ID L572 Room A106<br>10:00 am - 11:30 am<br>Inst. Herbert Love<br><b>SIGN UP AT FRONT DESK</b> | <b>Scrapbooking</b><br><b>9/7, 9/8, 9/11 ONLY</b><br>ID L571 Room A106<br>10:30 am - 12:00 pm<br>Inst. Charlene Love<br><b>\$40 Supply Fee</b><br><b>SIGN UP AT FRONT DESK</b> | <b>Scrapbooking</b><br><b>9/7, 9/8, 9/11 ONLY</b><br>ID L571 Room A106<br>10:30 am - 12:00 pm<br>Inst. Charlene Love<br><b>\$40 Supply Fee</b><br><b>SIGN UP AT FRONT DESK</b> |
| <b>Zumba Group Exercise</b><br>ID F821 Victory Room<br>10:00 am - 10:50 am<br>Inst. Zsa Zsa Robinson   | <b>Advanced Water Aerobics</b><br>ID A722<br>10:00 am - 10:45 am<br>Inst. Nicole   |  | <b>Advanced Water Aerobics</b><br>ID A722<br>10:00 am - 10:45 am<br>Inst. Nicole   |  |
| <b>11:00 A.M.</b>  |  |  |  |  |
| <b>Mellow Moments</b><br>ID L549 Room A124<br>11:00 am - 11:50 am<br>Inst. Rochelle Evans  | <b>Learn to Swim</b><br>ID A708<br>11:00 am - 11:45 am<br>Inst. Nicole   | <b>Line Dancing</b><br>ID F839 Victory Room<br>11:00 am - 11:50 am<br>Inst. Sylvia Bailey  | <b>Learn to Swim</b><br>ID A708<br>11:00 am - 11:45 am<br>Inst. Nicole   | <b>Boot Camp Fitness</b><br>ID F824 Room F106<br>11:00 am - 11:50 am<br>Inst. Joy Fields   |
| <b>Advanced Modeling Icon</b><br>ID L566 Room F106<br>11:00 am - 11:50 am<br>Inst. Jan Reynolds  | <b>Chair Aerobics</b><br>ID F881 Room F106<br>11:00 am - 11:50 am<br>Inst. Joy Fields  | <b>Chair Aerobics</b><br>ID F838 Room F106<br>11:00 am - 11:50 am<br>Inst. Zsa Zsa Robinson  | <b>Chair Aerobics</b><br>ID F882 Room F106<br>11:00 am - 11:50 am<br>Inst. Joy Fields  |  |
|  |  |  | <b>Lead Singers/Musician Workshop</b><br>Room A117<br>11:00 am - 1:00 pm<br>Inst. Gwendolyn Thomas   |  |
|  |  |  | <b>Beginning Golf</b><br>ID F700 Mystery Valley Golf Club<br>11:00 am - 12:00 pm<br>Inst. Billy Bulmer<br><b>\$40 Fee</b>  |  |
| <b>12:00 P.M.</b>  |  |  |  |  |
| <b>Modeling Icon for Beginners</b><br>ID L503 Room F106<br>12:00 pm - 12:50 pm<br>Inst. Jan Reynolds   | <b>Highlighters</b><br>ID F807 Room F109<br>12:00 pm - 12:50 pm<br>Inst. Johnnye Ashley  | <b>Toastmasters</b><br>ID L555 Room A117<br>12:00 pm - 1:15 pm   |  | <b>Chair Aerobics</b><br>ID F856 Room F106<br>12:00 am - 12:50 pm<br>Inst. Zsa Zsa Robinson  |
| <b>1:00 P.M.</b>   |  |  |  |  |
| <b>Beginning Pottery Making</b><br><b>8/28 ONLY</b><br>ID L506 Room A101<br>1:30 pm - 4:30 pm<br>Inst. John Shultz<br><b>* \$30 Supply Fee</b>                                 | <b>Theatre Arts</b><br>ID L514 Room A117<br>1:00 pm - 2:50 pm<br>Inst. Samuel Williams   | <b>Advanced Pottery</b><br><b>8/30 ONLY</b><br>ID L528 Room A101<br>1:00 pm - 3:50 pm<br>Inst. John Shultz<br><b>* \$30 Supply Fee</b>   | <b>Highlighters</b><br>ID F808 Room F109<br>1:00 pm - 1:50 pm<br>Inst. Johnnye Ashley  | <b>Ceramics</b><br><b>9/1 ONLY</b><br>ID L545 Room A101<br>1:00 pm - 3:50 pm<br>Inst. John Shultz<br><b>* \$30 Supply Fee</b>  |
| <b>Intermediate Swim Lessons</b><br>ID A702<br>1:00 pm - 1:45 pm<br>Inst. E'Licia  | <b>Beginner Volleyball</b><br>ID A707<br>1:00 pm - 1:45 pm<br>Inst. Frances  | <b>Intermediate Swim Lessons</b><br>ID A702<br>1:00 pm - 1:45 pm<br>Inst. E'Licia  | <b>Beginner Volleyball</b><br>ID A707<br>1:00 pm - 1:45 pm<br>Inst. Frances  | <b>Oil Painting</b><br>ID L546 Room A106<br>1:00 pm - 3:50 pm<br>Inst. Bill White, Assistant   |

## 2017 SUMMER CORE SCHEDULE (August 28 - Sept. 22)

8/25/17

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>Arthritis Foundation Exercise</b><br>ID F825 Room F106<br>1:00 pm - 1:50 pm<br>Inst. Zsa Zsa Robinson |  | <b>African American History</b><br>ID L558 Room A117<br>1:30 pm - 3:30 pm<br>Inst. Frances King           | <b>Understand the Language of Your Car Mechanic</b><br><b>9/7 ONLY</b><br>ID L574 Room A106<br>1:00 pm - 2:30 pm<br>Inst. Herbert Love<br><b>SIGN UP AT FRONT DESK</b> | <b>Understand the Language of Your Car Mechanic</b><br><b>9/8 ONLY</b><br>ID L574 Room A106<br>1:00 pm - 2:30 pm<br>Inst. Herbert Love<br><b>SIGN UP AT FRONT DESK</b> |
| <b>CPR</b><br><b>9/11 ONLY</b><br>ID A711 Room A123<br>1:00 pm - 1:50 pm<br>Inst. Warren St. James       |  | <b>Cardio Circuit Aerobics</b><br>ID F840 Room F106<br>1:00 pm - 1:50 pm<br>Inst. Danielle Cunningham     |  | <b>Drapery Making</b><br>ID L547 Room A125<br>1:00 pm - 3:50 pm<br>Inst. Gloria Williamson   |
|  |  | <b>Weight Watchers</b><br>ID L556 Room A106<br>1:00 pm - 1:50 pm<br>Inst. Trudie Jeffery                  |  |  |
|  |  | <b>Brains, Flexibility, Balance</b><br>ID F841 Room F109<br>1:00 pm - 1:50 pm<br>Inst. Lorna/Zsa Zsa      |  |  |
| <b>2:00 P.M.</b>   |  |   |  |  |
| <b>Advanced Swim Lessons</b><br>ID A703<br>2:00 pm - 2:45 pm<br>Inst. Warren                             | <b>Adv Volleyball Team</b><br>ID A706<br>2:00 pm - 3:45 pm<br>LG Coverage<br><b>Must meet with Aquatics Director</b> | <b>Advanced Swim Lessons</b><br>ID A703<br>2:00 pm - 2:45 pm<br>Inst. Warren                              | <b>Adv Volleyball Team</b><br>ID A706<br>2:00 pm - 3:45 pm<br>LG Coverage<br><b>Must meet with Aquatics Director</b>   |  |
| <b>Ballroom Dancing</b><br>ID F803 Victory Room<br>2:00 pm - 3:30 pm<br>Inst. Johnny Kimbrough           | <b>Beg. Guitar 1 Lessons</b><br>ID L517 Room A124<br>2:00 pm - 2:50 pm<br>Inst. Bob Ayers<br><b>* \$25 Fee</b>       | <b>Tai Chi Arthritis Foundation</b><br>ID F842 Room F106<br>2:00 pm - 2:50 pm<br>Inst. Hertencer Sheppard | <b>Orientation to Fitness Center</b><br>ID F872 Room F106<br>2:00 pm - 2:50 pm<br>Inst. Rose Merry   | <b>Tai Chi Arthritis Foundation</b><br>ID F842 Room F106<br>2:00 pm - 2:50 pm<br>Inst. Hertencer Sheppard  |
| <b>Open Exercise</b><br>ID A719<br>2:00 pm - 4:45 pm<br>Inst. E'Licia                                    |  | <b>Open Exercise</b><br>ID A719<br>2:00 pm - 4:45 pm<br>Inst. E'Licia                                     |  |  |
|  |  | <b>Hip Hop Line Dance</b><br>ID F818 Room A106<br>2:00 pm - 3:50 pm<br>Inst. Senella Watson               |  |  |
| <b>3:00 P.M.</b>   |  |   |  |  |
| <b>Silver Sneakers Classic</b><br>ID F826 Room F106<br>3:00 pm - 3:50 pm<br>Inst. Ellen Mintzmyer        | <b>Beg. Guitar 2 Lessons</b><br>ID L518 Room A124<br>3:00 pm - 3:50 pm<br>Inst. Bob Ayers<br><b>* \$25 Fee</b>       | <b>Silver Sneakers Classic</b><br>ID F826 Room F106<br>3:00 pm - 3:50 pm<br>Inst. Ellen Mintzmyer         |  | <b>Silver Sneakers Classic</b><br>ID F826 Room F106<br>3:00 pm - 3:50 pm<br>Inst. Ellen Mintzmyer  |

## GROUPS, CLUBS, PRACTICE TIMES

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>9:00 A.M.</b>  |   |  |  |  |
|   | <b>Scrabble Group</b><br>ID L561 Victory Room<br>9:00 am - 4:50 pm                          |  | <b>Scrabble Group</b><br>ID L561 Victory Room<br>9:00 am - 4:50 pm         |  |
| <b>10:00 A.M.</b>   |   |  |  |  |
| <b>Bridge Lovers Group</b><br>ID L548 Room A114<br>10:00 am - 12:50 pm  |   |  |  |  |
| <b>Bicycle Club at Stone Mountain</b><br>ID F802 Stonecrest parking lot between Kohls, Sears<br>10:00 am - 11:50 am |   |  |  |  |
| <b>11:00 A.M.</b>   |   |  |  |  |
|   |   |  | <b>Chess Club</b><br>ID L560 Room A114<br>11:00 am - 12:50 pm              |  |
| <b>12:00 P.M.</b>   |   |  |  |  |
| <b>Joyful Highlighters</b><br>Room A124<br>12:00 pm - 12:50 pm  | <b>Joyful Highlighters</b><br>Room A106<br>12:00 pm - 12:50 pm                              |  | <b>JD's Troupe Practice</b><br>ID F900 Room F106<br>12:00 pm - 12:50 pm    |  |
| <b>1:00 P.M.</b>  |   |  |  |  |
| <b>Jewelry Group Advanced</b><br>ID L505 Room A124<br>1:00 pm - 3:50 pm   |   | <b>MABA (Metro Atlanta Brotherhood Assoc.)</b><br>ID L529 Room A114<br>1:00 pm - 5:00 pm | <b>Sudoku Players Group</b><br>ID L538 Room A114<br>1:00 pm - 2:30 pm      | <b>JD's Troupe Practice</b><br>ID F812 Room F106<br>1:00 pm - 1:50 pm                |
| <b>Drama Club</b><br>ID L550 Room A125<br>1:30 pm - 4:30 pm   |   | <b>Dominoes Group</b><br>ID L557 Room A123<br>1:00 pm - 3:50 pm                          |  | <b>Photography Club</b><br>*Meets every 3rd Friday<br>Room A124<br>1:00 pm - 2:00 pm |
| <b>Performing Arts Group</b><br>ID L551 Room A117<br>1:00 pm - 4:45 pm  |   |  |  |  |
| <b>3:00 P.M.</b>  |   |  |  |  |
| <b>Lou Walker's Dancing Men</b><br>ID F804 Victory Room<br>3:30 pm - 5:00 pm  | <b>Seniors in Action Travel Club</b><br>*Meets every 2nd Tuesday<br>Victory Room<br>3:00 pm |  | <b>Ballroom Dancing Practice</b><br>ID F814 Room F109<br>3:00 pm - 4:30 pm | <b>Lou Walker's Dancing Men</b><br>ID F804 Victory Room<br>3:00 pm - 5:00 pm         |