



SESSION 2
MARCH 11 – MAY 3

MONDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
	HALF ZUMBA/HALF LINE DANCE	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
	MELLOW MOMENTS	REGGIE HESTER	A117	10:00AM	11:30AM
	BEGINNING SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
	DYNAMIC YOGA	LORNA LINDSAY	F106	11:00AM	11:50AM
	BEGINNING PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	(In-House Registration 3/11/24)				
	POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
	30 MINUTE WALK, TALK, AND TONE	RENEE BURWELL	VICTORY RM	12:00PM	12:30PM
	TAI CHI ARTHRITIS FOUNDATION	HERTENCER SHEPHARD	F106	12:00PM	12:50PM
	FUNCTIONAL STRENGTH TRAINING AND CARDIO	RENEE BURWELL	A123	12:45PM	1:30PM
	HEALTHY COOKING	DR. JOY	A106	1:00PM	2:30PM
	(In-House Registration 3/11/24)				
	INTERMEDIATE SWIM LESSONS	AQUATICS	F101 POOL	1:00 PM	1:50PM
	DRAMA CLASS	CHARLENE KNOX	A117	1:00PM	3:00PM
WII BOWLING	M&M	VICTORY RM	1:00PM	3:00PM	
OPEN SWIM/WATER THERAPY	AQUATICS	F101 POOL	2:00PM	3:50PM	
CHAIR YOGA	LAWANDA BROKENBOROUGH	F109	2:00PM	2:50PM	
SILVER SNEAKERS CLASSIC	ELLEN MINTZMYER	F106	2:00PM	2:50PM	

TUESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
LINE DANCING	J D HALL	VICTORY RM	9:00AM	9:50AM
WALKING FOR WEIGHT LOSS	KAREN DRAKE	F106	9:00AM	9:50AM
STRENGTH TRAINING	KAREN DRAKE	F106	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	10:50AM
ADVANCED QUILTING	KAREN FURNISH	A125	10:00AM	11:50AM
ZUMBA GOLD TONING	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
CONFLICT AND RELATIONSHIPS	GILLIAN ROYES	A117	11:00AM	12:30PM
STRETCHING FULL BODY	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
CELL PHONE TECHNOLOGY (In-house Registration 3/12/24)	VICTOR THOMAS	D124	11:00AM	1:00PM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:00AM	11:50AM
BEGINNING YOGA	KAREN DRAKE	F106	11:00AM	11:50AM
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
HIGHLIGHTERS DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	12:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
RELAXING WITH COLORS (Learn basic coloring techniques)	CONNIE JOHNSON PAT JACKSON	A106	1:00PM	2:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
BEGINNING POTTERY (In-house Registration 3/12/24)	JOHN SCHULTZ	A101	1:00PM	3:50PM
IS AGE JUST A NUMBER?	MERRILL WHITE	A117	1:30PM	3:30PM
SILVER SNEAKERS BOOM CARDIO DANCE	DENISE MAYES	F106	2:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY	VICTOR THOMAS	D124	2:30PM	3:50PM

WEDNESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATIC	F101 POOL	9:00AM	10:50AM
BASIC CROCHET CLASS	CHRISTINE FLEMING	D124	9:00AM	10:50AM
ROMANCE FROM 50 TO FOREVER	REGGIE HESTER	A117	9:30AM	11:30AM
CIRCUIT TRAINING/ CLASSROOM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	12:00PM
LINE DANCE	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
WRITING CLASS	ANITA CLAY	D125	10:00AM	11:50AM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	11:00AM	11:50AM
HAT MAKING	BEVERLY WADLEY	A125	11:00AM	12:50PM
DYNAMIC YOGA	LORNA LINDSAY	F106	11:00AM	11:50AM
INTERMEDIATE PIANO (In-House Registration 3/13/24)	DEMI WILLIS	A124	11:00AM	12:30PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
TOASTMASTER	CHARLENE KNOX	A117	12:00PM	1:15PM
BRAIN GAMES	LORNA LINDSAY	D125	12:00PM	12:50PM
MUSIC, GAMES, CARDS AND MORE	DENNIS SNIPES	VICTORY RM	12:30PM	3:30PM
BEGINNING/INTERMEDIATE QUILTING	MARILYN FRANKLIN	A125	1:00PM	3:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY RM	1:00PM	3:00PM
WATER THERAPY	AQUATICS	F101 POOL	1:00PM	1:50PM
SEATED ABS	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING (In-House Registration 3/13/24)	DR. JOY	A106	1:00PM	2:30PM
AFRICAN AMERICAN HISTORY	MERRILL WHITE	A117	1:30PM	3:30PM
FAN TAI CHI	HERTENCER SHEPPARD	F106	2:00PM	2:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	2:00PM	2:50PM

THURSDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
WALKING FOR WEIGHT LOSS	KAREN DRAKE	F106	9:00AM	9:50AM
JEWELRY MAKING	VALERIE KEITH	A101	9:00AM	11:50AM
DIGITAL PHOTOGRAPHY TUTORING	BOB GLICKSMITH	D125	9:00AM	11:00AM
STRENGTH TRAINING	KAREN DRAKE	F106	10:00AM	10:50AM
CARDIO CHAIR DANCE & TONE (BALANCE, TONE, AND STRETCH)	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	10:50AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:00AM	11:50AM
CELL PHONE TECHNOLOGY (In-house Registration 3/14/24)	VICTOR THOMAS	D122	11:00AM	1:00PM
BEGINNING YOGA	KAREN DRAKE	F106	11:00AM	11:50AM
CHAIR AEROBICS	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
LINE DANCING	ROSE MERRY BROCK	VICTORY RM	12:00PM	12:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
BASIC DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
ADVANCED POTTERY (In-house Registration 3/14/24)	JOHN SHULTZ	A101	1:00PM	3:50PM
ICON MODELS	JAN REYNOLDS	A123	1:00PM	1:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY	VICTOR THOMAS	D124	2:00PM	3:30PM
TAI CHI FOR ARTHRITIS	HERTENCER SHEPPARD	F109	2:00PM	2:50PM
SILVER SNEAKERS/JAMMING TO THE OLDIES	DENISE MAYES	F106	2:00PM	2:50PM

FRIDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
	SEWING BASICS	TRACIE HAWKINS	A125	9:00AM	11:00AM
	INTERMEDIATE DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	9:00AM	11:00AM
	BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY RM	10:00AM	10:50AM
	POLYMER CLAY JEWELRY	ANDALA CURD	A101	10:30AM	12:30PM
	LWSC ELEGANCE IN MOTION GROUP	THE BALLROOM MAESTRO	A123	11:00AM	11:50AM
	ADVANCED SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
	ADVANCED PIANO (In-House Registration March 15th)	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	MUSIC, GAMES, CARDS AND MORE	DENNIS SNIPES	VICTORY RM	11:00AM	2:00PM
	POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
	BEGINNING QUILTING (In-House Registration March 15th)	TRACIE HAWKINS	A125	12:00PM	2:30PM
	OPEN SWIM/WATER THERAPY	AQUATICS	F101 POOL	1:00PM	2:50PM
	SOCIAL MEDIA FOR SENIORS	VICTOR THOMAS	D124	1:00PM	2:00PM
	THE ART AND PRACTICE OF MEDITATION	LARRY DAVIS	A117	1:00PM	3:00PM
	ADVANCED DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM