



**SESSION 2**  
**MARCH 17<sup>TH</sup> - MAY 9<sup>TH</sup>**

MONDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
	WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
	BEGINNING PIANO I <b>Reg. March 13th @10AM</b>	DEVONTE TAYLOR	A124	9:30AM	10:50AM
	BEGINNING PINOCHLE	BRENDA GOODMAN	A106	10:00AM	11:50AM
	ZUMBA GOLD	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
	MELLOW MOMENTS <b>Reg. March 13th @10AM</b>	WILMA BYRD	A117	10:00AM	11:30AM
	BEGINNING SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
	DYNAMIC YOGA	LORNA LINDSAY	VICTORY ROOM	11:00AM	11:50AM
	BEGINNING PIANO II	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	SILVER SNEAKERS/JAMMING TO THE OLDIES	DENISE MAYES	F106	11:00AM	11:50AM
	<b>POOL CLOSED FOR LUNCH</b>	<b>AQUATICS</b>	<b>F101 POOL</b>	<b>12:00PM</b>	<b>12:50PM</b>
	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
	FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	12:00PM	12:50PM
	FUNCTIONAL STRENGTH TRAINING AND CARDIO	RENEE BURWELL	VICTORY RM	12:45PM	1:30PM
	HEALTHY COOKING <b>Reg. March 13th @10AM</b>	DR. JOY	A106	1:00PM	3:00PM
	BEGINNER SIGN LANGUAGE <b>Reg. March 13th @10AM</b>	ANDRE BRYANT	D124	1:00PM	1:50PM
	WATER AEROBICS	DEIRDRE PARRISH	F101 POOL	1:00PM	1:50PM
	DRAMA CLASS	CHARLENE KNOX	A117	1:00PM	2:50PM
WII BOWLING	M&M	VICTORY RM	2:00PM	4:00PM	
ANOTHER LEVEL DANCE GROUP/REHEARSAL	MARY BOLTON	A114	1:30PM	2:50PM	
INTERMEDIATE SIGN LANGUAGE <b>Reg. March 13th</b>	ANDRE BRYANT	D124	2:00PM	2:50PM	
CHAIR YOGA	LAWANDA BROKENBOROUGH	F109	2:00PM	2:50PM	
SILVER SNEAKERS CLASSIC (beginners/low impact)	ELLEN MINTZMYER	F106	2:00PM	2:50PM	
INTERMEDIATE SWIM LESSONS	AQUATICS	F101 POOL	2:00 PM	2:50PM	

# TUESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
LINE DANCING	J D HALL	VICTORY RM	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
WEIGHT & STRENGTH TRAINING <b>Reg. March 13th @10AM</b>	DEIRDRE PARRISH	F106	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
ADVANCED QUILTING	KAREN FURNISH	A125	10:00AM	11:50AM
ZUMBA GOLD TONING	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
GOLF FUNDAMENTALS	WILLIAM KIMBER	A117	10:00AM	11:30AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
STRENGTH TRAINING <b>Reg. March 13th @10AM</b>	DEIRDRE PARRISH	F106	11:00AM	11:50AM
STRETCHING FULL BODY	GABRIELLE CARTY	VICTORY RM	11:00AM	11:50AM
BEGINNING GUITAR	JAMES THOMPSON	A124	11:00AM	11:50AM
CELL PHONE TECHNOLOGY <b>Reg. March 13th @10AM</b>	VICTOR THOMAS	D124	11:00AM	1:00PM
<b>POOL CLOSED FOR LUNCH</b>	<b>AQUATICS</b>	<b>F101</b>	<b>11:30AM</b>	<b>12:00PM</b>
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
HIGHLIGHTERS DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	1:50PM
WATER AEROBICS	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
ZEN FLOW YOGA	CHEETARA WALWYN	F106	1:00PM	1:50PM
RELAXING WITH COLORS (Learn coloring techniques)	CONNIE JOHNSON PAT JACKSON	D125	1:00PM	2:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
ADVANCED GUITAR	JAMES THOMPSON	A124	1:00PM	1:50PM
BEGINNING POTTERY	JOHN SCHULTZ	A101	1:00PM	3:50PM
DRAPERY, PILLOWS, COMFORTERS AND MORE	GLORIA WILLIAMSON	A125	1:00PM	3:50PM
YOU ARE AS YOUNG AS YOU FEEL	MERRILL WHITE	A117	1:30PM	3:30PM
SILVER SNEAKERS BOOM CARDIO DANCE W/WEIGHTS	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
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
BASIC CROCHET CLASS <b>Reg. March 13th @10AM</b>	CHRISTINE FLEMING	D124	9:00AM	10:30AM
ROMANCE FROM 50 TO FOREVER <b>Reg. March 13th @10AM</b>	WILMA BYRD	A117	9:30AM	11:30AM
CIRCUIT TRAINING/ CLASSROOM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	12:00PM
LINE DANCING	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
ADVANCED CROCHET CLASS <b>Reg. March 13th @10AM</b>	CHRISTINE FLEMING	D124	11:00AM	12:30PM
HAT MAKING	BEVERLY WADLEY	A125	11:00AM	12:50PM
LIMITED MOBILITY CHAIR AEROBICS & STRENGTH	JUSTON WALTERS	F106	11:00AM	11:50AM
DYNAMIC YOGA	LORNA LINDSAY	VICTORY RM	11:00AM	11:50AM
INTERMEDIATE PIANO	DEMI WILLIS	A124	11:00AM	12:30PM
<b>POOL CLOSED FOR LUNCH</b>	<b>AQUATICS</b>	<b>F101 POOL</b>	<b>12:00PM</b>	<b>12:50PM</b>
TOASTMASTER	CHARLENE KNOX	A117	12:00PM	1:15PM
BRAIN GAMES	LORNA LINDSAY	D125	12:00PM	12:50PM
CHICAGO STEP CLASS	LUISA HUNTE	A123	12:30PM	1:30PM
JEWELRY MAKING	VALERIE KEITH	A101	1:00PM	3:50PM
BEGINNING/INTERMEDIATE QUILTING	MARILYN FRANKLIN	A125	1:00PM	3:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY RM	1:00PM	3:00PM
BEGINNING SWIM LESSONS	AQUATICS	F101 POOL	1:00pm	1:50PM
SEATED ABS	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING <b>Reg. March 13th @10AM</b>	DR. JOY	A106	1:00PM	3:00PM
AFRICAN AMERICAN HISTORY	MERRILL WHITE	A123	1:45PM	3:50PM
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
STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
DIGITAL PHOTOGRAPHY WORKSHOPS	BOB GLICKSMITH	D125	9:00AM	11:00AM
CROCHET BY NUMBERS <b>Reg. March 13th @10AM</b>	COLA TURNER	A106	9:00AM	11:50AM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
WEIGHT & STRENGTH TRAINING <b>Reg. March 13th @10AM</b>	DEIRDRE PARRISH	F106	10:00AM	10:50AM
CARDIO CHAIR DANCE & TONE (BALANCE, TONE, AND STRETCH)	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
GOLF FUNDAMENTALS	WILLIAM KIMBER	A117	10:00AM	11:30AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
MARTIAL ARTS	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE	MASTER MADDOX	A123	11:00AM	11:50AM
STRENGTH TRAINING <b>Reg. March 13th @10AM</b>	DEIRDRE PARRISH	F106	11:00AM	11:50AM
<b>POOL CLOSED FOR LUNCH</b>	<b>AQUATICS</b>	<b>F101</b>	<b>11:30AM</b>	<b>12:00PM</b>
CELL PHONE TECHNOLOGY <b>Reg. March 13th @10AM</b>	VICTOR THOMAS	D122	11:00AM	1:00PM
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
ZEN FLOW YOGA	CHEETARA WALWYN	F106	1:00PM	1:50PM
BASIC DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
ADVANCED POTTERY	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	A123	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
BEGINNING SPANISH <b>Reg. March 13th @10AM</b>	THOMASINA GOODGAME	A117	9:00 AM	9:50AM
BEGINNING SEWING	TRACIE HAWKINS	A125	9:00AM	11:00AM
INTERMEDIATE DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	9:00AM	11:00AM
STRENGTH & AGILITY TRAINING <b>Reg. March 13th @10AM</b>	ANITA ADAMS	F106	10:00AM	10:50AM
COMPUTER SKILLS 101 <b>Reg. March 13th @10AM</b>	RAYMOND FISHER	COMPUTER LAB	10:00AM	12:00PM
BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY RM	10:00AM	10:50AM
INTERMEDIATE SPANISH <b>Reg. March 13th @10AM</b>	THOMASINA GOODGAME	A117	10:00 AM	10:50AM
BEGINNING BRIDGE	LINDA DUNN	A106	10:30AM	12:30PM
YOGA + PILATES FUSION <b>Reg. March 13th @10AM</b>	ANITA ADAMS	F106	11:00AM	11:50AM
LWSC ELEGANCE IN MOTION GROUP	THE BALLROOM MAESTRO	VICTORY RM	11:00AM	11:50AM
ADVANCED SWIM LESSONS	AQUATICS	F101 POOL	11:00AM	11:50AM
ADVANCED PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
<b>POOL CLOSED FOR LUNCH</b>	<b>AQUATICS</b>	<b>F101 POOL</b>	<b>12:00PM</b>	<b>12:50PM</b>
CIRCUIT TRAIN W/DEIRDRE	DEIRDRE PARRISH	F106	12:00PM	12:50PM
BEGINNING QUILTING	TRACIE HAWKINS	A125	12:00PM	2:30PM
INTERMEDIATE COMPUTER SKILLS 201 <b>Reg. March 13th @10AM</b>	RAYMOND FISHER	COMPUTER LAB	1:00PM	3:00PM
WATER AEROBICS	DEIRDRE PARRISH	F101 POOL	1:00PM	1:50PM
SOCIAL MEDIA FOR SENIORS	VICTOR THOMAS	D124	1:00PM	2:00PM
THE ART AND PRACTICE OF MEDITATION <b>Reg. March 13th @10AM</b>	LARRY DAVIS	A117	1:00PM	3:00PM
ADVANCED DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM