



SESSION 1
JANUARY 12, 2026 – MARCH 6, 2026

MONDAY	CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
	MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
	OPEN SWIM	AQUATICS	F101 POOL	9:00AM	10:50AM
	WELLNESS WALKERS	DENISE MAYES	F109	9:00AM	9:50AM
	STEP-AEROBICS Reg. Jan 8th @10AM	ANITA ADAMS	F106	9:30AM	10:30AM
	BEGINNING PIANO I Reg. Jan 8th @10AM	DEVONTE TAYLOR	A124	9:30AM	10:50AM
	LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS RM	9:00AM	11:00AM
	ZUMBA GOLD	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
	MELLOW MOMENTS Reg. Jan 8th @10AM	WILMA BYRD	A117	10:00AM	11:30AM
	FUNCTIONAL STRENGTH TRAINING Reg. Jan 8th @10AM	ANITA ADAMS	A123	10:45AM	11:30AM
	BEGINNING SWIM LESSONS Reg. Jan 8th @10AM	AQUATICS	F101 POOL	11:00AM	11:50AM
	DYNAMIC YOGA	LORNA LINDSAY	VICTORY ROOM	11:00AM	11:50AM
	BEGINNING PIANO I Reg. Jan 8th @10AM	DEVONTE TAYLOR	A124	11:00AM	12:30PM
	SILVER SNEAKERS/JAMMING TO THE OLDIES Reg. Jan 8th @10AM	DENISE MAYES	F106	11:00AM	11:50AM
	POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
	CHAIR LINE DANCE	RENEE BURWELL	VICTORY RM	12:00PM	12:45PM
	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
	LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM
	HEALTHY COOKING Reg. Jan 8th @10AM	DR. JOY	A106	1:00PM	3:00PM
INTERMEDIATE SIGN LANGUAGE Reg. Jan 8th @10AM	ANDRE BRYANT	D124	1:00PM	1:50PM	
CARDIO SPLASH (A total body workout) Reg. Jan 8th @10AM	DEIRDRE PARRISH	F101 POOL	1:00PM	1:50PM	
DRAMA CLASS	CHARLENE KNOX	A117	1:00PM	2:50PM	
ANOTHER LEVEL DANCE GROUP	MARY BOLTON	F106	1:30PM	2:50PM	
WII BOWLING	M&M	VICTORY RM	1:00PM	3:00PM	
CHAIR YOGA	LAWANDA BROKENBOROUGH	F109	2:00PM	2:50PM	
INTERMEDIATE SWIM LESSONS Reg. Jan 8th @10AM	AQUATICS	F101 POOL	2:00PM	2:50PM	
AQUA FIT Reg. Jan 8th @10AM	MARY TODARO	F101 POOL	3:00PM	3:50PM	

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	MARY BOLTON	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
BASIC COMPUTER SKILLS Reg. Jan 8th @10AM	RAYMOND FISHER	COMPUTER LAB	10:00AM	12:00PM
WEIGHT & STRENGTH TRAINING Reg. Jan 8th @10AM	DEIRDRE PARRISH	F106	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
ADVANCED QUILTING Reg. Jan 8th @10AM	KAREN FURNISH	A125	10:00AM	11:50AM
ZUMBA GOLD TONING	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
MARTIAL ARTS Reg. Jan 8th @10AM	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE Reg. Jan 8th @10AM	MASTER MADDOX	A123	11:00AM	11:50AM
STRENGTH TRAINING Reg. Jan 8th @10AM	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	12:30PM
AROMA THERAPY & THE POWER OF ESSENTIAL OILS Reg. Jan 8th @10AM	LANELLE HENDERSON	D125	11:00AM	12:30PM
CELL PHONE TECHNOLOGY Reg. Jan 8th @10AM	VICTOR THOMAS	D124	11:00AM	1:00PM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:30AM	12:00PM
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
HIGHLIGHTERS DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	1:50PM
WATER AEROBICS Reg. Jan 8th @10AM	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
COMPUTER WORKSHOP/OPEN LAB Reg. Jan 8th @10AM	RAYMOND FISHER	COMPUTER LAB	1:00PM	3:00PM
ZEN FLOW YOGA Reg. Jan 8th @10AM	CHEETARA WALWYN	F106	1:00PM	1:50PM
RELAXING WITH COLORS Reg. Jan 8th @10AM	CONNIE JOHNSON	D125	1:00PM	2:50PM
BEGINNING PINOCHLE	CHRISTINE AMATUL-KHAALIQ	A106	1:00PM	2:50PM
ADV/WATER VOLLEYBALL TEAM	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
ADVANCED GUITAR	JAMES THOMPSON	A124	1:00PM	1:50PM
BEGINNER SEWING CLASS Reg. Jan 8th @10AM	PAULETTE STRAIN	A125	1:00PM	2:50PM
YOU ARE AS YOUNG AS YOU FEEL Reg. Jan 8th @10AM	MERRILL WHITE	A117	1:30PM	3:30PM
SILVER SNEAKERS CARDIO DANCE W/WEIGHTS Reg. Jan 8th @10AM	DENISE MAYES	F106	2:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY Reg. Jan 8th @10AM	VICTOR THOMAS	D124	2:30PM	3:50PM

WEDNESDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
OPEN SWIM	AQUATIC	F101 POOL	9:00AM	10:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
BASIC CROCHET CLASS Reg. Jan 8th @10AM	CHRISTINE FLEMING	D124	9:00AM	10:30AM
LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS RM	9:00AM	11:00AM
ROMANCE FROM 50 TO FOREVER Reg. Jan 8th @10AM	WILMA BYRD	A117	9:30AM	11:30AM
CIRCUIT TRAINING/ CLASSROOM Reg. Jan 8th @10AM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	11:30AM
LINE DANCING Class starts January 21, 2026	CHARLEEN MCBRAYER	VICTORY RM	10:00AM	10:50AM
WRITING CLASS	ANITA CLAY	D125	10:00AM	11:50AM
WATER AEROBICS Reg. Jan 8th @10AM	GABRIELLE CARTY	F101 POOL	11:00AM	11:50AM
ADVANCED CROCHET CLASS Reg. Jan 8th @10AM	CHRISTINE FLEMING	D124	11:00AM	12:30PM
DOLL & HAT MAKING/CREATIVE DESIGN Reg. Jan 8th @10AM	BEVERLY WADLEY	A125	10:00AM	12:50PM
LIMITED MOBILITY CHAIR AEROBICS & STRENGTH Reg. Jan 8th @10AM	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
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
TOASTMASTER	CHARLENE KNOX	A117	12:00PM	1:15PM
BRAIN GAMES Reg. Jan 8th @10AM	LORNA LINDSAY	D125	12:00PM	12:50PM
CHICAGO STEP CLASS Reg. Jan 8th @10AM	LUISA HUNTE	A123	12:00PM	1:00PM
JEWELRY MAKING Reg. Jan 8th @10AM	VALERIE KEITH	D125	1:15PM	4:30PM
SOCIAL MEDIA FOR SENIORS Reg. Jan 8th @10AM	VICTOR THOMAS	D124	1:00PM	2:00PM
BEGINNING/INTERMEDIATE QUILTING Reg. Jan 8th @10AM	MARILYN FRANKLIN	A125	1:00PM	3:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY RM	1:00PM	3:00PM
BEGINNING SWIM LESSONS Reg. Jan 8th @10AM	AQUATICS	F101 POOL	1:00PM	1:50PM
SEATED ABS Reg. Jan 8th @10AM	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING Reg. Jan 8th @10AM	DR. JOY	A106	1:00PM	3:00PM
MEDITATION & SOUND HEALING Reg. Jan 8th @10AM	MERCEDES BEATO	A117	1:30PM	2:50PM
AFRICAN AMERICAN HISTORY	MERRILL WHITE	A123	1:45PM	3:50PM
FAN TAI CHI	HERTENCER SHEPPARD	F106	2:00PM	2:50PM
WATER AEROBICS Reg. Jan 8th @10AM	GABRIELLE CARTY	F101 POOL	2:00PM	2:50PM
OPEN SWIM	AQUATICS	F101 POOL	3:00PM	4:30PM

THURSDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
CORE AND MORE	JOY FIELDS	A123	8:30AM	9:15AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
WELLNESS WALKERS	DENISE MAYES	F106	9:00AM	9:50AM
INTERMEDIATE SEWING Reg. Jan 8th @10AM	PAULETTE STRAIN	A125	9:00AM	12:00AM
DIGITAL PHOTOGRAPHY WORKSHOPS	BOB GLICKSMITH	D125	9:00AM	11:00AM
CROCHET BY NUMBERS Reg. Jan 8th @10AM	TODD PASCHALL	A117	9:00AM	12:30PM
FITNESS ROOM CONSULT W/DEE (Learn how to use the fitness machines)	DEIRDRE PARRISH	F108	9:15AM	9:50AM
WEIGHT & STRENGTH TRAINING Reg. Jan 8th @10AM	DEIRDRE PARRISH	F106	10:00AM	10:50AM
CARDIO CHAIR DANCE & TONE (BALANCE, TONE, AND STRETCH)	RENEE BURWELL	VICTORY RM	10:00AM	10:50AM
KREATIVE CONNECTIONS Reg. Jan 8th @10AM (Greeting cards, tee-shirts, novelty gifts)	TYSHAE DAVIS	A106	10:00AM	12:30PM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
MARTIAL ARTS Reg. Jan 8th @10AM	MASTER MADDOX	A123	10:00AM	10:50AM
SELF DEFENSE Reg. Jan 8th @10AM	MASTER MADDOX	A123	11:00AM	11:50AM
COLOR CREATIONS Reg. Jan 8th @10AM	PAT JACKSON	D124	11:00AM	12:30PM
STRENGTH TRAINING Reg. Jan 8th @10AM	DEIRDRE PARRISH	F106	11:00AM	11:50AM
POOL CLOSED FOR LUNCH	AQUATICS	F101	11:30AM	12:00PM
CELL PHONE TECHNOLOGY Reg. Jan 8th @10AM	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
CREATIVE SEWING: AN ART EXPRESSION Reg. Jan 8th @10AM	PAULETTE STRAIN	A125	1:00PM	3:00PM
WATER AEROBICS Reg. Jan 8th @10AM	GABRIELLE CARTY	F101 POOL	12:00PM	12:50PM
ART IS FUN-DA-MENTAL Reg. Jan 8th @10AM	MARGARET KELLEY	A106	1:00PM	3:00PM
ZEN FLOW YOGA Reg. Jan 8th @10AM	CHEETARA WALWYN	F106	1:00PM	1:50PM
COLOR BY NUMBERS Reg. Jan 8th @10AM	TODD PASCHALL	A117	1:00PM	3:50PM
BASIC DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	1:00PM	3:00PM
INTERMEDIATE POTTERY Reg. Jan 8th @10AM	JOHN SHULTZ	A101	1:00PM	3:50PM
ICON MODELS	JAN REYNOLDS	A123	1:00PM	1:50PM
ADV/WATER VOLLEYBALL TEAM	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
SENIOR FRIENDLY TECHNOLOGY Reg. Jan 8th @10AM	VICTOR THOMAS	D124	2:00PM	3:30PM
TAI CHI FOR ARTHRITIS	HERTENCER SHEPPARD	A123	2:00PM	2:50PM
SILVER SNEAKERS/JAMMING TO THE OLDIES Reg. Jan 8th @10AM	DENISE MAYES	F106	2:00PM	2:50PM

FRIDAY

CLASS	INSTRUCTOR	ROOM	START TIME	END TIME
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
BEGINNING SPANISH Reg. Jan 8th @10AM	THOMASINA GOODGAME	A117	9:00 AM	9:50AM
INTERMEDIATE DIGITAL PHOTOGRAPHY	BOB GLICKSMITH	D125	9:00AM	11:00AM
BEGINNING SEWING Reg. Jan 8th @10AM	TRACIE HAWKINS	A125	9:00AM	11:00AM
STRENGTH & AGILITY TRAINING Reg. Jan 8th @10AM	ANITA ADAMS	F106	10:00AM	10:50AM
BEGINNING SWIM LESSONS Reg. Jan 8th @10AM	AQUATICS	F101 POOL	10:00AM	10:50AM
BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY RM	10:00AM	10:50AM
INTERMEDIATE SPANISH Reg. Jan 8th @10AM	THOMASINA GOODGAME	A117	10:00 AM	10:50AM
MASSAGE AWAY THE STRESS Reg. Jan 8th @10AM	MARIA WATKINS	A123	11:00AM	11:50AM
YOGA + PILATES FUSION Reg. Jan 8th @10AM	ANITA ADAMS	F106	11:00AM	11:50AM
LWSC ELEGANCE IN MOTION	THE BALLROOM MAESTRO	VICTORY RM	11:00AM	11:50AM
AQUA-FIT Reg. Jan 8th @10AM	MARY TODARO	F101 POOL	11:00AM	11:50AM
PERFORMANCE PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
CIRCUIT TRAIN W/DEIRDRE Reg. Jan 8th @10AM	DEIRDRE PARRISH	F106	12:00PM	12:50PM
BEGINNING QUILTING Reg. Jan 8th @10AM	TRACIE HAWKINS	A125	12:00PM	2:30PM
CARDIO SPLASH (A total body workout) Reg. Jan 8th @10AM	DEIRDRE PARRISH	F101 POOL	1:00PM	1:50PM
THE ART AND PRACTICE OF MEDITATION Reg. Jan 8th @10AM	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
OPEN SWIM	AQUATICS	F101 POOL	2:00PM	4:30PM