SESSION 6

November 16, 2026 - December 18, 2026

MONDAY

CLASS	INSTRUCTOR	ROOM	START	END
MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
WELLNESS WALKERS	STUDENTS	F109	9:00AM	9:50AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	11:50AM
CIRCUIT TRAINING	ANITA ADAMS	F106	9:30AM	10:30AM
PIANO PRACTICE	DEVONTE TAYLOR	A124	9:30AM	10:50AM
LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS ROOM	9:00AM	11:00AM
ZUMBA GOLD	LAWANDA BROKENBOROUGH	VICTORY ROOM	10:00AM	10:50AM
FUNCTIONAL STRENGTH TRAINING	ANITA ADAMS	A123	10:30AM	11:30AM
DYNAMIC YOGA	LORNA LINDSAY	VICTORY ROOM	11:00AM	11:50AM
JAMMING TO THE OLDIES w/WEIGHTS	DARYL MADISON	F106	11:00AM	11:50AM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
SEATED TAI CHI	HERTENCER SHEPHARD	F106	12:00PM	12:50PM
STRENGTH TRAINING (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	VICTORY ROOM	12:00PM	12:50PM
OPEN SWIM	AQUATICS	F101 POOL	1:00PM	4:30PM
LWSC SIGNING CLASS	ANDRE BRYANT	D124	1:00PM	1:50PM
LWSC CHOIR REHEARSAL	DEVONTE TAYLOR	A123	1:00PM	2:30PM
HEALTHY COOKING FOR THE HOLIDAYS	DR. JOY	A106	1:00PM	3:00PM
DRAMA CLASS	CHARLENE KNOX	D125	1:00PM	2:50PM
ANOTHER LEVEL DANCE GROUP	MARY BOLTON	A114	1:30PM	2:50PM
CHAIR-A-CISE AB BLASTER & CARDIO	DARYL MADISON	F106	2:00PM	2:50PM
SILVER WINGS PRAISE DANCE	MARY JANE RICHARDSON	A123	2:30PM	4:00PM

TUESDAY

CLASS	INSTRUCTOR	ROOM	START	END
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 ROOM	9:00AM	9:50AM
WELLNESS WALKERS	STUDENTS	F106	9:00AM	9:50AM
ADVANCED GUITAR GROUP	PRACTICE	A124	10:00AM	10:50AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
ADVANCED WEIGHT TRAINING (INCLUDES FLOOR EXERCISES)	DEIRDRE PARRISH	F106	10:00AM	10:50AM
SEWING COMPLETION PROJECTS	STUDENTS	A125	10:00AM	4:50PM
ZUMBA GOLD TONING	RENEE BURWELL	VICTORY ROOM	10:00AM	10:50AM
$$BEGINNER BOXING CLASS	PAT WILSON	F109	11:00AM	11:50AM
STRENGTH TRAINING (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	F106	11:00AM	11:50AM
STRETCHING FULL BODY	GABRIELLE CARTY	VICTORY ROOM	11:00AM	11:50AM
CELL PHONE TECHNOLOGY/HOLIDAY EDITION	VICTOR THOMAS	D124	11:00AM	1:00PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
HIGHLIGHTERS LINE DANCE GROUP	JOHNNYE ASHLEY	A123	12:00PM	1:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
ZEN FLOW YOGA	CHEETARA WALWYN	F106	1:00PM	1:50PM
$$ COLOR SPLASH	VERA JENKINS	D125	1:00PM	2:50PM
BEGINNING PINOCHLE	CHRISTINE AMATUL-KHAALIQ	A106	1:00PM	2:50PM
YOU ARE AS YOUNG AS YOU FEEL	MERRILL WHITE	A117	1:30PM	3:30PM
SILVER SNEAKERS CARDIO DANCE W/WEIGHTS	DENISE MAYES	F106	2:00PM	2:50PM
OPEN SWIM	AQUATICS	F101 POOL	3:00PM	4:30PM
LET'S PLAY MAHJONG	JANET WHEELER	VICTORY ROOM	3:00PM	5:00PM

WEDNESDAY

CLASS	INSTRUCTOR	ROOM	START	END
MELLOW MORNING STRETCH	DENISE MAYES	VICTORY ROOM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	11:50AM
WELLNESS WALKERS	STUDENTS	F106	9:00AM	9:50AM
LEARN HOW TO PLAY POOL	JOHN OVERSTREET	BILLIARDS ROOM	9:00AM	11:00AM
$$HOLIDAY WREATHS & ARTS AND CRAFTS	BEVERLY WADLEY	A125	10:00AM	12:50PM
CIRCUIT TRAINING/ CLASSROOM	GABRIELLE CARTY	F106	10:00AM	10:50AM
DANCE TROOP	REHEARSAL	A123	10:00AM	10:50AM
LINE DANCING	CHARLEEN MCBRAYER	VICTORY ROOM	10:00AM	10:50AM
LIMITED MOBILITY CHAIR AEROBICS & STRENGTH	JUSTON WALTERS	VICTORY ROOM	11:00AM	11:50AM
CHICAGO STEP CLASS	LUISA HUNTE	A123	11:00AM	12:30PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
CHAIR VOLLEYBALL	DOROTHY WRIGHT	VICTORY ROOM	12:00PM	12:50PM
TOASTMASTERS	CHARLENE KNOX	A117	12:00PM	1:15PM
OPEN SWIM	AQUATICS	F101 POOL	1:00PM	4:30PM
INTRO TO MACS, PCS & AI	VICTOR THOMAS	COMPUTER LAB	1:00PM	2:00PM
QUILTING COMPLETION PROJECTS	STUDENTS	A125	1:00PM	4:50PM
PICKLE BALL BASICS	DOROTHY WRIGHT	VICTORY ROOM	1:00PM	4:00PM
SEATED ABS	GABRIELLE CARTY	F106	1:00PM	1:50PM
HEALTHY COOKING FOR THE HOLIDAYS	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
SCRABBLE CLUB	CHRISNA JONES	A117	2:00PM	4:50PM

THURSDAY

CLASS	INSTRUCTOR	ROOM	START	END
STRETCH, FLEX AND BREATHE	DEIRDRE PARRISH	VICTORY ROOM	8:30AM	9:00AM
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	9:50AM
STICK FLOW STRETCH, ALIGN AND BALANCE **Class begins December 3rd**	MONASIMONE	VICTORY RM	9:00AM	9:50AM
BALANCE AND FALL PREVENTION	KOACH KEY	F109	9:00AM	9:50AM
WELLNESS WALKERS	STUDENTS	F106	9:00AM	9:50AM
OPEN SEW, QUILT & PROJECT COMPLETION	STUDENTS	A125	9:00AM	12:00AM
BEG/WATER VOLLEYBALL	RHODA LAPP	F101 POOL	10:00AM	11:30AM
STRENGTH TRAINING (BEGINNER & INTERMEDIATE)	DEIRDRE PARRISH	VICTORY ROOM	10:00AM	10:50AM
$$ KREATIVE CONNECTIONS HOLIDAY GIFTS AND ORNAMENTS	TYSHAE DAVIS	A106	10:00AM	12:30PM
STRONG AND STEADY (RESISTANCE TRAINING)	PAT WILSON	A123	11:00AM	11:50AM
ADVANCED WEIGHT TRAINING (INCLUDES FLOOR EXERCISES)	DEIRDRE PARRISH	F106	11:00AM	11:50AM
CELL PHONE TECHNOLOGY	VICTOR THOMAS	D124	11:00AM	1:00PM
CHAIR AEROBICS	GABRIELLE CARTY	VICTORY ROOM	11:00AM	11:50AM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
LINE DANCING	ROSE MERRY BROCK	VICTORY ROOM	12:00PM	12:50PM
ADV/WATER VOLLEYBALL	CHARLENE KNOX	F101 POOL	1:00PM	2:50PM
HOLIDAY DECORATIONS	PAULETTE STRAIN	A125	1:00PM	3:50PM
JAN REYNOLDS	ICON MODELS	A123	1:00PM	1:50PM
$$ COLOR CREATIONS	PAT JACKSON	D124	1:30PM	3:00PM
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	END
OPEN SWIM	AQUATICS	F101 POOL	9:00AM	11:50AM
SEWING PROJECT COMPLETION	STUDENTS	A125	9:00AM	4:00PM
STRENGTH & AGILITY TRAINING	ANITA ADAMS	F106	10:00AM	10:50AM
BALLROOM DANCE	THE BALLROOM MAESTRO	VICTORY ROOM	10:00AM	10:50AM
YOGA + PILATES FUSION	ANITA ADAMS	F106	11:00AM	11:50AM
LWSC ELEGANCE IN MOTION	THE BALLROOM MAESTRO	VICTORY ROOM	11:00AM	11:50AM
PERFORMANCE PIANO	DEVONTE TAYLOR	A124	11:00AM	12:30PM
POOL CLOSED FOR LUNCH	AQUATICS	F101 POOL	12:00PM	12:50PM
ZUMBA GOLD **Class begins December 4th**	MONASIMONE	VICTORY ROOM	12:00PM	12:50PM
CIRCUIT TRAIN W/DEIRDRE	DEIRDRE PARRISH	F106	12:00PM	12:50PM
OPEN SWIM	AQUATICS	F101 POOL	1:00PM	4:30PM
RELEASE AND RESTORE (Breathe, Meditate, Restore)	DENISE MAYES	A117	1:00PM	1:50PM
POWER SCULPT AND STRENGTH W/WEIGHTS	DARYL MADISON	VICTORY ROOM	1:00PM	1:50PM
SILVER WINGS PRAISE DANCE	MARY JANE RICHARDSON	A123	2:30PM	4:00PM