



BC=Buckeye Courts D=Dollar Clubhouse G=Gateway Clubhouse EC=Event Center H=Hillside Clubhouse MPR=Multipurpose Room TC=Tice Creek C=Creekside

**POOL AND TICE CREEK FITNESS CENTER HOURS**

**TICE CREEK POOL** is open daily from 6 a.m. to 9 p.m. It's closed until 1 p.m. on Thursday for cleaning. It's also open Saturday and Sunday from 6 a.m. to 6 p.m. The locker rooms are open.

**HILLSIDE POOL** and **DOLLAR POOLS** are open 6 a.m. to 8 p.m. **Hillside Pool** is closed until 1 p.m. for cleaning on Tuesdays and **Dollar Pool** is closed until 1 p.m. for cleaning on Wednesdays.

**FITNESS CENTER:** The Fitness Center is open Monday through Friday from 6 a.m. until 9 p.m. and Saturday and Sunday from 6 a.m. to 6 p.m.

**INFORMATION:** Fitness Center, call 988-7850. Pools, call 988-7854.

**ROSSMOOR LIBRARY HOURS**

Monday, Tuesday and Thursday from noon to 4 p.m.

Wednesday and Friday from 10 a.m. to 4 p.m.

Saturday from 10 a.m. to 1 p.m.

10 a.m.	<b>Chess Play</b> .....	Chess Room, D .....	Chess Club
11:30 a.m.	<b>Duplicate Bridge</b> .....	Oak Room, G .....	Bridge, Duplicate
Noon	<b>Mexican Train/Mah Jongg</b> ....	Mulligan Room, C.....	Afr-Americans & Friends
1 p.m.	<b>Italian Language Class</b> .....	MPR 3, G.....	Italian American
1 p.m.	<b>Saturday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
1 p.m.	<b>Scrabble Play</b> .....	MPR 2, G.....	Scrabble Club
1 p.m.	<b>Mah Jongg And Canasta</b> .....	MPR 1, G.....	Canasta/Mah Jong Club
1 p.m.	<b>Aquacise</b> .....	Pool, TC.....	Rec. Dept.
4 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7 p.m.	<b>Bridge</b> .....	Garden Room, D.....	Connection

**SUNDAY, MAY 27**

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Sunday Service</b> .....	Vista Room, H .....	Siloam Community Church
9 a.m.	<b>Sunday Service</b> .....	Diablo Room, H.....	St.Luke's Church
10:30 a.m.	<b>Sunday Service</b> .....	Fireside Room, G.....	Hope Lutheran
11 a.m.	<b>Sunday Service</b> .....	Peacock Hall, G ..	Tice Valley Methodist Church
2 p.m.	<b>American Mah Jongg</b> .....	MPR 1, G.....	Canasta/Mah Jong Club
4 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7 p.m.	<b>Dance</b> .....	Entire Clubhouse, EC .....	Sunday Dancers
7 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.

**THURSDAY, MAY 24**

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Luk Tung Kuen</b> .....	Diablo Room, H.....	Luk Tung Kuen
9 a.m.	<b>Open Tennis</b> .....	Tennis Courts, Buckeye .....	Tennis Club
9 a.m.	<b>Stitchers</b> .....	Sewing Room, G .....	Sewing Arts Club
9:30 a.m.	<b>Domino Lessons</b> .....	Oak Room, G .....	Domino Club
10 a.m.	<b>Comcast</b> .....	Fireside Lobby, G.....	Rec. Dept.
Noon	<b>Jewish Community Chorus</b> .....	Vista Room, H .....	B'nai Israel
Noon	<b>Rummy Kube Play</b> .....	Pine Room, H .....	Afr-Americans & Friends
12:15 p.m.	<b>Jewish Community Chorus</b> .....	Main Area, D.....	B'nai Israel
12:45 p.m.	<b>Partnership Bridge</b> .....	Oak Room, G .....	Bridge
1 p.m.	<b>Scrabble Play</b> .....	Echo Room, EC .....	Scrabble Club
1 p.m.	<b>Drama Class</b> .....	Ivy Room, D .....	Drama Assoc.
1 p.m.	<b>Thursday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
1 p.m.	<b>4th Thurs Bridge</b> .....	Garden Room, D.....	Connection
1 p.m.	<b>Writers Club Meeting</b> .....	MPR 1-2, G .....	Writers Group
2 p.m.	<b>Beginning Line Dancing</b> .....	Diablo Room, H.....	Rec. Dept.
4 p.m.	<b>Line Dancing</b> .....	Diablo Room, H.....	Chinese/American Club
4 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
5 p.m.	<b>General Meeting</b> .....	Entire Clubhouse, EC .....	Democrats
5 p.m.	<b>Aquacise</b> .....	Pool, TC.....	Rec. Dept.
7 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7 p.m.	<b>Duplicate Bridge</b> .....	Oak Room, G .....	Bridge, Duplicate

**FRIDAY, MAY 25**

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Luk Tung</b> .....	Vista Room, H .....	Luk Tung Kuen
8 a.m.	<b>Deep Water Aerobics</b> .....	Pool, TC.....	Rec. Dept.
8:30 a.m.	<b>Men's Exercise Group</b> .....	MPR 1-2, G .....	Men's Exercise Group
9 a.m.	<b>Berean Forum</b> .....	Fairway A/B, C .....	Berean Forum
9 a.m.	<b>Board Meeting</b> .....	MPR 3, G.....	Jeicor
9 a.m.	<b>Brown Baggers</b> .....	Garden Room, D.....	Domino Club
9 a.m.	<b>Duplicate Bridge Class</b> .....	Oak Room, G.....	Bridge, Duplicate
9:30 a.m.	<b>Cribbage Club</b> .....	MPR 2, G.....	Cribbage Club
9:30 a.m.	<b>Quilters</b> .....	Sewing Room, G .....	Sewing Arts Club
10 a.m.	<b>Peripheral Neuropathy</b> .....	Vista Room, H .....	Rec. Dept.
10 a.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
10 a.m.	<b>Water Exercise</b> .....	Pool, TC.....	Rec. Dept.
11 a.m.	<b>Tennis Ball Machine Clinic</b> .....	B Tennis Courts, B .....	Tennis Club
11:15 a.m.	<b>Joint Efforts</b> .....	Pool, TC.....	Rec. Dept.
Noon	<b>Mah Jongg</b> .....	Oak Room, G.....	Chinese/American Club
12:15 p.m.	<b>Twinges In Hinges</b> .....	Pool, TC.....	Rec. Dept.
12:30 p.m.	<b>Songs With Fil And Mil</b> .....	Redwood Rm., G .....	Rec. Dept.
12:30 p.m.	<b>Chess Play</b> .....	Chess Room, D .....	Chess Club
12:30 p.m.	<b>AARP Smart Driver Program</b> .....	MPR 3, G.....	Rec. Dept.
1 p.m.	<b>Great Books</b> .....	Mulligan Room, C Great Books (Fri. Afternoon)	
1 p.m.	<b>Friday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
1 p.m.	<b>Mah Jongg</b> .....	MPR 1, G.. National Council Of Jewish Women	
3 p.m.	<b>Twilight</b> .....	Entire Clubhouse, EC .....	Golf Mens
4 p.m.	<b>Friday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
6 p.m.	<b>Partnership Bridge</b> .....	Oak Room, G.....	Bridge, Partnership
6:30 p.m.	<b>Aquacise</b> .....	Pool, TC.....	Rec. Dept.
7 p.m.	<b>Friday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7:30 p.m.	<b>B'nai Israel Service</b> .....	Vista Room, H .....	B'nai Israel
9 p.m.	<b>Friday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.

**SATURDAY, MAY 26**

TIME	EVENT	LOCATION	ORGANIZATION
8 a.m.	<b>Practicing Mindfulness</b> .....	Fairway A/B, C .....	Mindful Living Club
9 a.m.	<b>Meeting</b> .....	MPR 3, G.....	Philatelic Club
9:30 a.m.	<b>Domino Play</b> .....	MPR 1-2, G .....	Domino Club

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Luk Tung Kuen</b> .....	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	<b>Deep Water Aerobics</b> .....	Pool, TC.....	Rec. Dept.
8:30 a.m.	<b>Men's Exercise Group</b> .....	MPR 1-2, G .....	Men's Exercise Group
9 a.m.	<b>Drama Class</b> .....	Las Trampas, H .....	Drama Assoc.
10 a.m.	<b>Mah Jongg</b> .....	Card Room 1, D.....	Luk Tung Kuen
10 a.m.	<b>Water Exercise</b> .....	Pool, TC.....	Rec. Dept.
11:15 a.m.	<b>Joint Efforts</b> .....	Pool, TC.....	Rec. Dept.
Noon	<b>Needleworkers</b> .....	Sewing Room, G .....	Sewing Arts Club
12:15 p.m.	<b>Twinges In Hinges</b> .....	Pool, TC.....	Rec. Dept.
12:30 p.m.	<b>Duplicate Bridge</b> .....	Oak Room, G.....	Bridge, Duplicate
2 p.m.	<b>Tap Practice</b> .....	Las Trampas, H .....	Happy Hoofers Tap
3 p.m.	<b>Entre Amigos</b> .....	MPR 3, G.....	Entre Amigos
4 p.m.	<b>Musical Monday</b> .....	Peacock Hall, G .....	Rec. Dept.
6 p.m.	<b>Wellness Group</b> .....	Club Room, C.....	Wellness Group
6 p.m.	<b>Domino Play</b> .....	Oak Room, G.....	Domino Club
6:15 p.m.	<b>Dealer's Choice Poker</b> .....	Pine Room, H .....	Rec. Dept.
6:30 p.m.	<b>Aquacise</b> .....	Pool, TC.....	Rec. Dept.
7 p.m.	<b>Square Dancing</b> .....	Diablo Room, H.....	Square Dance Club
7 p.m.	<b>AA Open 12 Step Meeting</b> .....	Vista Room, H .....	Rec. Dept.
7 p.m.	<b>Musical Monday</b> .....	Peacock Hall, G .....	Rec. Dept.

**TUESDAY, MAY 29**

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Luk Tung Kuen</b> .....	Diablo Room, H.....	Luk Tung Kuen
9 a.m.	<b>Pinochle Play</b> .....	MPR 1, G.....	Pinochle Mens & Womens
9 a.m.	<b>Open Tennis</b> .....	Tennis Courts, Buckeye .....	Tennis Club
10 a.m.	<b>Tai Chi Chih Beginning</b> .....	Diablo Room, H.....	Tai Chi Chih Club
10 a.m.	<b>Comcast</b> .....	Fireside Lobby, G.....	Rec. Dept.
10 a.m.	<b>Paper Crafters</b> .....	Sewing Room, G .....	Sewing Arts Club
11 a.m.	<b>Meeting</b> .....	Fireside Room, G .....	Financial Forum
11:15 a.m.	<b>Tai Chi Chih Continuing</b> .....	Diablo Room, H.....	Tai Chi Chih Club
Noon	<b>Mah Jongg</b> .....	MPR 1-2, G .....	Chinese/American Club
12:30 p.m.	<b>Sing-A-Long Hootenanny</b> .....	Redwood Rm., G .....	Rec. Dept.
12:30 p.m.	<b>Duplicate Bridge</b> .....	Oak Room, G.....	Bridge, Duplicate
2:30 p.m.	<b>Rehearsal</b> .....	Las Trampas, H .....	Ashmolean Singers
4 p.m.	<b>Social Dance Club</b> .....	Diablo Room, H.....	Social Dance Club
5 p.m.	<b>Overeaters Anonymous</b> .....	Garden Room, D.....	Rec. Dept.
5 p.m.	<b>Aquacise</b> .....	Pool, TC.....	Rec. Dept.
6 p.m.	<b>Diablo Vista Chorus</b> .....	Entire Clubhouse, EC .....	Rec. Dept.
6 p.m.	<b>Poker With George</b> .....	Chess Room, D .....	Rec. Dept.
6 p.m.	<b>Partnership Bridge</b> .....	Oak Room, G.....	Bridge, Partnership
7 p.m.	<b>Supervised Bridge</b> .....	MPR 1-2, G .....	Supervised Bridge

**WEDNESDAY, MAY 30**

7 a.m.	<b>Luk Tung Kuen</b> .....	Diablo Room, H.....	Luk Tung Kuen
8 a.m.	<b>Deep Water Aerobics</b> .....	Pool, TC.....	Rec. Dept.
8:30 a.m.	<b>Men's Exercise Group</b> .....	MPR 1-2, G .....	Men's Exercise Group
9 a.m.	<b>East Bay Friendship Line</b> .....	Vista Room, H .....	Rec. Dept.
9 a.m.	<b>Knitters</b> .....	Sewing Room, G .....	Sewing Arts Club
9:30 a.m.	<b>Duplicate Bridge</b> .....	Oak Room, G.....	Bridge, Duplicate
10 a.m.	<b>Comcast</b> .....	Fireside Lobby, G.....	Rec. Dept.

Calendar information is provided to the News by Room Reservations at the Recreation Department. Residents or groups who would like to make changes to the listing should contact Room Reservations at 988-7780 or 988-7781.

10 a.m.	<b>Chess Play</b> .....	Chess Room, D .....	Chess Club
10 a.m.	<b>Board Meeting</b> .....	Pine Room, H .....	Rotary Club
10 a.m.	<b>Drama Class</b> .....	MPR 1, G .....	Drama Assoc.
10 a.m.	<b>Free Tennis Clinic</b> , .....	Tennis Courts, Buckeye .....	Tennis Club
10 a.m.	<b>Water Exercise</b> .....	Pool, TC .....	Rec. Dept.
11 a.m.	<b>Rotary Luncheon</b> .....	Diablo Room, H .....	Rotary Club
11:15 a.m.	<b>Joint Efforts</b> .....	Pool, TC .....	Rec. Dept.
Noon	<b>Ukulele Practice</b> .....	Vista Room, H .....	Rossmoor Ukulele Club
12:15 p.m.	<b>Twinges In Hinges</b> .....	Pool, TC .....	Rec. Dept.
12:45 p.m.	<b>Partnership Bridge</b> .....	Oak Room, G .....	Bridge
1:15 p.m.	<b>Bouyant Balance</b> .....	Pool, TC .....	Rec. Dept.
1:30 p.m.	<b>Rehearsal</b> .....	Las Trampas, H .....	Community Chorus
2 p.m.	<b>Ukulele Practice</b> .....	Pine Room, H .....	Rossmoor Ukulele Club
3 p.m.	<b>Meeting</b> .....	MPR 3, G .....	Course In Miracles
3:30 p.m.	<b>Spanish Conversation Group</b> .....	Bunker Room, C .....	La Charla
3:30 p.m.	<b>Ukulele Practice</b> .....	Vista Room, H .....	Rossmoor Ukulele Club
3:30 p.m.	<b>Ukulele Practice</b> .....	Las Trampas, H .....	Rossmoor Ukulele Club
4 p.m.	<b>Bible Study</b> .....	MPR 1, G .....	Chinese/American Club
4 p.m.	<b>Phone Bank</b> .....	Oak Room, G .....	Democrats
4:30 p.m.	<b>Tai Chi</b> .....	Diablo Room, H .....	Chinese/American Club
6:30 p.m.	<b>Aquacise</b> .....	Pool, TC .....	Rec. Dept.
7 p.m.	<b>AA Meeting</b> .....	MPR 1, G .....	Rec. Dept.

## THURSDAY, MAY 31

TIME	EVENT	LOCATION	ORGANIZATION
7 a.m.	<b>Luk Tung Kuen</b> .....	Diablo Room, H .....	Luk Tung Kuen
9 a.m.	<b>Open Tennis</b> .....	Tennis Courts, Buckeye .....	Tennis Club
9 a.m.	<b>Stitchers</b> .....	Sewing Room, G .....	Sewing Arts Club
9:30 a.m.	<b>Domino Lessons</b> .....	Oak Room, G .....	Domino Club
10 a.m.	<b>Comcast</b> .....	Fireside Lobby, G .....	Rec. Dept.
Noon	<b>Jewish Community Chorus</b> .....	Vista Room, H .....	B'nai Israel
Noon	<b>Rummy Kube Play</b> .....	Pine Room, H .....	Afr-Americans & Friends
12:15 p.m.	<b>Jewish Community Chorus</b> .....	Main Area, D .....	B'nai Israel
12:45 p.m.	<b>Partnership Bridge</b> .....	Oak Room, G .....	Bridge
1 p.m.	<b>Scrabble Play</b> .....	Echo Room, EC .....	Scrabble Club
1 p.m.	<b>Drama Class</b> .....	Ivy Room, D .....	Drama Assoc.
1 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
1 p.m.	<b>Writers Club Meeting</b> .....	MPR 1-2, G .....	Writers Group
2 p.m.	<b>Beginning Line Dancing</b> .....	Diablo Room, H .....	Rec. Dept.
4 p.m.	<b>Line Dancing</b> .....	Diablo Room, H .....	Chinese/American Club
4 p.m.	<b>Thursday Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
5 p.m.	<b>Aquacise</b> .....	Pool, TC .....	Rec. Dept.
6 p.m.	<b>USAF Band</b> .....	Entire Clubhouse, EC .....	Rec. Dept.
7 p.m.	<b>Movie</b> .....	Peacock Hall, G .....	Rec. Dept.
7 p.m.	<b>Duplicate Bridge</b> .....	Oak Room, G .....	Bridge, Duplicate

# TICE CREEK FITNESS CENTER CLASSES

*The Fitness Center has TV screens in front of each studio with the most updated schedule. The schedule will showcase the classes for the day and includes staff classes, independent contractor classes, clubs and small-group-training classes. Some classes are taught by independent contractors and they collect fees directly for the class.*

**All fee classes are marked with a \$ after description. SGT— Small group training classes — are taught by Fitness Center staff. The fee is \$10 per class. See instructor for class and payment details. If residents want to be notified of class cancellation, they will need to go to the front desk to give their name, phone number and specify the class. Staff does not call for independent contractor classes and club classes—only Fitness Center staff classes.**

## AEROBICS STUDIO

### MONDAY

Strength w/ Cathy Steen \$ ..... 8:45 to 9:30 a.m.  
Muscle Movers w/ Julie Hughes ..... 10 to 10:50 a.m.  
Light Strength w/ Katleen Lamport ..... 11:10 to noon  
TRX-SGT w/ Emm Yee ..... 12:30 to 1:30 p.m.

### TUESDAY

Strength Circuit w/ Dino ..... 6 to 7 a.m.  
Smart Start w/ Cathy Steen \$ ..... 8:45 to 9:30 a.m.  
Zumba Club w/ Carol Lehr ..... 9:45 to 10:45 a.m.  
Ballet class w/ Ari Bowes ..... 11 a.m. to noon  
Tai Chi CAAR ..... 1 to 2:45 p.m.  
TRX SGT w/ Becky Beckelman ..... 3 to 4 p.m.  
Cardio Dance Lite w/ Bonnie Forman \$ .. 4:15 to 5:15 p.m.

### WEDNESDAY

Strength w/ Cathy Steen \$ ..... 8:45 to 9:30 a.m.  
Muscle Movers w/ Julie Hughes ..... 10 to 10:50 a.m.  
TRX SGT w/ Emm Yee ..... 12:30 to 1:30 p.m.  
SGT Osteoporosis w/ Emm Yee ..... 1:45 to 2:45 p.m.  
SGT Sculpt and Tone w/ Michele Arvizu ..... 6 to 7 p.m.

### THURSDAY

Strength Circuit w/ Dino ..... 6 to 7 a.m.  
Smart Start w/ Cathy Steen \$ ..... 8:45 to 9:30 a.m.

Zumba class w/ Carol Lehr ..... 9:45 to 10:45 a.m.  
Light Strength w/ Katleen Lamport ..... 11:10 to noon  
Chinese folk dance w/ Zong Yi ..... 12:30 to 2:30 p.m.  
Self-defense class w/ Dennis Shimoko ..... 7 to 7:50 p.m.

### FRIDAY

Abs/back w/ Dino ..... 7:05 to 7:35 a.m.  
Strength w/ Cathy Steen \$ ..... 8:45 to 9:30 a.m.  
Muscle Movers w/ Becky Beckelman ..... 10 to 10:50 a.m.  
Int. Line dancing w/ Jackie Johnson . 11 a.m. to 12:30 p.m.

### SATURDAY

Adv. Line dancing w/ Jackie Johnson ..... 12 to 1:30 p.m.  
Sculpt and Tone w/ Michele Arvizu ..... 2:30 to 3:30 p.m.

### SUNDAY

Self-defense class w/ Dennis Shimoko 10:45 to 11:35 a.m.  
Mindful mat floor w/ Julie Hughes ..... 12 to 12:50 p.m.

## SERENITY ROOM

### MONDAY

Abs/back w/ Jo Nash ..... 7:05 to 7:35 a.m.  
Int. yoga w/ Leena St. Michael \$ ..... 10 to 11:15 a.m.  
TLC yoga w/ Leena St. Michael \$ 11:35 a.m. to 12:55 p.m.  
Mat Pilates w/ Bob Huff ..... 1:15 to 2:15 p.m.  
Hula class w/ Gloria Kern ..... 2:30 to 4:30 p.m.  
Flexible yoga w/ Barbara Bureker \$ ..... 5 to 6 p.m.

### TUESDAY

Mat Pilates w/ Bob Huff ..... 7 to 8 a.m.  
Tai Chi CAAR ..... 8:15 to 9:45 a.m.  
Gentle yoga w/ Sarah Harvey \$ ..... 11 a.m. to noon  
Active yoga w/ Sarah Harvey \$ ..... 12:15 to 1:15 p.m.  
Stretch yoga w/ Barbara Bureker \$ ..... 5 to 6 p.m.

### WEDNESDAY

Abs/back w/ Jo Nash ..... 7:05 to 7:35 a.m.  
Gentle yoga w/ Bonnie Maeda \$ . 11:15 a.m. to 12:15 p.m.  
Mindful Mat w/ Julie Hughes ..... 4:30 to 5:20 p.m.

### THURSDAY

Mat Pilates w/ Bob Huff ..... 7 to 8 a.m.  
Tai chi CAAR ..... 8:15 to 9:45 a.m.  
Int. yoga w/ Leena St. Michael \$ ..... 10 to 11:15 a.m.  
Mat Pilates w/ Bob Huff ..... 11:30 a.m. to 12:20 p.m.  
Hula w/ Gloria Kern ..... 2:30 to 4:30 p.m.  
Strength yoga w/ Barbara Bureker \$ ..... 5 to 6 p.m.

### FRIDAY

Flexible yoga w/ Barbara Bureker \$ ..... 10 to 11 a.m.  
Gentle yoga w/ Sarah Harvey \$ ... 11:45 a.m. to 12:45 p.m.  
Mat Pilates w/ Bob Huff ..... 1 to 2 p.m.

### SATURDAY

Tibetan yoga \$ ..... 10 to 11:30 a.m.  
Yoga for Healthy Bones w/ Sarah Harvey \$ 11:45 a.m. to 1 p.m.

## DANCE STUDIO

### MONDAY

Spin w/ Katleen Lamport ..... 6 to 7 a.m.  
Keeping Fit w/ Marie Harp \$ ..... 9 to 10 a.m.  
Zumba w/ Jo Nash ..... Noon to 1 p.m.  
Parkinson's w/ Julie Hughes ..... 1:30 to 2:30 p.m.  
Beginning tap w/ Mary Lyons ..... 2:45 to 4:45 p.m.  
Cycle strength w/ Emm Yee ..... 5 to 6 p.m.  
Barre w/ Emm Yee ..... 6:15 to 7:15 p.m.

### TUESDAY

SGT Bodyweight w/ Bob Huff ..... 8:15 to 9:15 a.m.  
Memory Fit w/ Austin Van Dyke \$ ..... 1:30 to 2:30 p.m.  
Intermediate tap w/ Mary Lyons ..... 2:45 to 4:45 p.m.

### WEDNESDAY

Spin w/ Katleen Lamport ..... 6 to 7 a.m.  
Keeping Fit w/ Marie Harp \$ ..... 9 to 10 a.m.  
Folk Dance w/ Judy Gordon ..... 1:15 to 3:15 p.m.  
Chair Challenge w/ Julie Hughes ..... 3:30 to 4:20 p.m.

### THURSDAY

SGT Bodyweight w/ Bob Huff ..... 8:15 to 9:15 a.m.  
Parkinson's w/ Bob Huff ..... 1:30 to 2:20 p.m.  
Tap rehearsal w/ Judie Huse ..... 2:45 to 4:45 p.m.  
Cycle-strength w/ Emm Yee ..... 5 to 6 p.m.  
Barre w/ Emm Yee ..... 6:15 to 7:15 p.m.

### FRIDAY

Spin w/ Katleen Lamport ..... 6 to 7 a.m.  
Keeping fit w/ Marie Harp \$ ..... 9 to 10 a.m.  
Folk dance w/ Judy Gordon ..... 1:15 to 3:15 p.m.

### SATURDAY

Memory Fit w/ Austin Van Dyke \$ ..... 1:30 to 2:30 p.m.

### SUNDAY

Chair sit and stretch w/ Julie Hughes ..... 1:10 to 2 p.m.