

2023 Senior Center Class Schedule

- ◆ Please note there may be a time that your scheduled time/room is not available due to a need for the room you currently use. Please, do not go in another room without checking with Samantha at ext. 1241. There are many classes that are scheduled daily and you may be using another room that is scheduled for another group.
- ◆ We ask that everyone is respectful to all other clubs and classes; any discrepancies, please let Samantha know.
- ◆ All classes will be held at the Laurel House—564 Walton Ave.

****Classes require no experience****

Dates the Laurel House will be closed:

January 2, 2023—New Year's Day

January 16, 2023—Martin Luther King Day

February 20, 2023—President's Day

April 7, 2023—Good Friday

May 29, 2023—Memorial Day

June 19, 2023—Juneteenth

July 4, 2023—Fourth of July

September 4, 2023—Labor Day

October 9, 2023—Columbus Day

November 10, 2023—Veteran's Day

November 23, 2023 & November 24, 2023—Thanksgiving

December 22, 2023 & December 25, 2023—Christmas

December 29, 2023—New Year's Eve

** This is subject to change due to events at the Laurel House

There may be times that the room will not be available for your class to be held. Your make up class will be added to the end of the 8 week session. Those dates that classes will be cancelled will be made up at the end of each session.

Resident Fee - \$25.00

Non-Resident Fee - \$50.00

\$5.00 Discount for Veterans

Yoga Schedule

Yoga is held every Monday and Friday in
The Laurel House at 564 Walton Ave from 9:00 AM to 10:00 AM

Instructor: Geoff

Session 1— January, 23, 2023—March 17, 2023

*Please submit payment on or before January 23, 2023

Session 2—April 2, 2023—May 26, 2023

* Please submit payment on or before April 2, 2023

Session 3—June 12, 2023—August 4, 2023

*Please submit payment on or before June 12, 2023

Session 4—August 21, 2023—October 13, 2023

*Please submit payment on or before August 21, 2023

Session 5—October 30, 2023—December 22, 2023

*Please submit payment on or before October 30, 2023

Zumba/Zumba Gold

Schedule

Zumba/Zumba Gold is held every Tuesday and Thursday in The Laurel House at 564 Walton Ave from 10:00 AM to 11:00 AM

Instructor: Barbara

Session 1— January 31, 2023—March 23, 2023

*Please submit payment on or before January 31, 2023

Session 2—April 4, 2023—May 25, 2023

* Please submit payment on or before April 4, 2023

Session 3—June 6, 2023—July 27, 2023

*Please submit payment on or before June 6, 2023

Session 4—August 8, 2023—September 28, 2023

*Please submit payment on or before August 8, 2023

Session 5—October 10, 2023—November 30, 2023

*Please submit payment on or before October 10, 2023

Session 6—December 12, 2023—February 1, 2024

*Please submit payment on or before December 12, 2023

Low Impact Aerobics Schedule

Low Impact Aerobics is held every Wednesday in The
Laurel House at 564 Walton Ave from 11:00 AM to 12:00 PM

Instructor: Patty

Session 1— February 1, 2023—March 22, 2023

*Please submit payment on or before February 1, 2023

Session 2—April 5, 2023—May 24, 2023

* Please submit payment on or before April 5, 2023

Session 3—June 7, 2023—July 28, 2023

*Please submit payment on or before June 7, 2023

Session 4—August 9, 2023—September 27, 2023

*Please submit payment on or before August 9, 2023

Session 5—October 11, 2023—November 29, 2023

*Please submit payment on or before October 10, 2023

Session 6—December 13, 2023—January 31, 2024

*Please submit payment on or before December 13, 2023