

**Adult Basketball Lunchtime Hoops - \$3.00**

**Mondays & Fridays 12:00p – 2:00p**

**Wednesdays 11:15a - 1:15p**

Open to adults ages 30 and older, join the fun!

**Chair Yoga - \$5.00**

**Mondays 2:30p – 3:30p**

This modified practice of balance, strength and flexibility makes yoga accessible to everyone. Please bring a man's tie or stretch band if possible. Led by certified yoga instructor, Kathe Thompson.

**Firm Believers - \$3.00**

**Mondays and Fridays 9:30a - 10:30a**

Inspired by Silver Sneakers, this low impact class focuses on strengthening muscles and increasing range of movement for daily life activities. Enjoy the added bonus of boosting your spirit with uplifting devotionals. Light weights and small ball recommended.

**Gentle Grace Yoga**

**Mondays and Fridays 11:00a - 12:00p**

Stretch, grow and breathe as we explore the body through poses and the heart through scripture.

Led by certified yoga instructors.

\$5.00

**More Than Ball**

**Fridays 7:00p – 9:00p**

“Engaging, equipping and empowering student-athletes to be successful on the court and more importantly in life.” This important ministry was established in 2015 by Mike & Audrey Monzon, who have a passion to see our youth succeed in life. For more information please contact Michael at [info@morethanball.org](mailto:info@morethanball.org) or visit [www.morethanball.org](http://www.morethanball.org)

**Pickleball - \$3.00**

**Tuesdays and Thursday**

**9:00a – 12:00p Intermediate and Advanced**

**2:00p – 5:00p All Play – Beginner Lessons available on Tuesdays (one court)**

This fun sport, which can be enjoyed by all ages and skill levels, combines many elements of tennis, badminton and ping-pong. Please wear sneakers and protective eyewear required. Loaner equipment available.

**Revelation Wellness - \$5.00**

**Fridays 5:00p – 6:00p**

This group fitness class is for all ages and every BODY! Have fun as we dance, move, lift and sweat together! Drumsticks provided. Light to medium hand weights and fitness mat recommended.

**Table Tennis - \$3.00**

**Wednesdays 4:00p – 8:00p**

**Saturdays 9:00a – 1:00p**

Table Tennis a.k.a ping pong, is an indoor game based on tennis, played with small paddles and a ball bounced on a table divided by a net. All ages and skill levels welcome to this fun sport. Loaner equipment available.

**Tai Chi - \$5.00**

**Wednesdays 1:30p – 2:30p**

In this low-impact, slow-motion exercise, you go through a series of gentle movements that can be done both standing or in a chair. Led by certified instructor, Sandy Bellino.

**Trivia - \$5.00 – cost of pizza included in admission fee**

**Last Monday of each Month**

Trivia is defined as “little-known facts or unimportant matters”. Enjoy some healthy brain movement, sprinkled with some friendly competition and lots of laughter. Cash prize given to first place team. Pizza provided.

**Vitality - \$5.00**

**Wednesdays 10:00a - 11:00a**

Led by certified fitness instructor Basia Gentry, this low impact aerobics class includes weight training and stretches concentrating on strength, core, balance and flexibility. This class is for all levels. Light weights recommended but not required.

