

PALMS CENTER ACTIVITIES SCHEDULE

Effective May 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:30a– 11:30a Pickleball Intermediate & Advanced		8:30a– 11:30a Pickleball Intermediate & Advanced	
9:00a - 10:00a Firm Believers				9:00a - 10:00a Firm Believers
10:00a - 11:00a Fitness, Pilates, Barre, Yoga Fusion		10:00a – 11:00a Vitality		
				11:00a – 12:00p Gentle Grace Yoga
	11:30a - 1:30p Pickleball Beginner Lessons & Beginner Play	11:30a - 1:30p Adult Basketball	11:30a - 1:30p Pickleball Beginner Lessons & Beginner Play	
12:00p – 2:00p Adult Basketball				12:00p – 2:00p Adult Basketball
		1:30p – 2:30p Tai Chi		
2:00p - 3:00p Chair Yoga	2:00p – 5:00p Pickleball Open Play		2:00p – 5:00p Pickleball Open Play	
4:00 - 5:30p Smartplaye Youth Basketball		3:00p – 6:00p Table Tennis		3:00p - 6:00p Table Tennis
6:00p - 9:00p SVC	6:00p - 9:00p SVC	6:00p - 8:00p SVC	6:00p - 9:00p SVC	6:00p - 7:30p Smartplaye Youth Basketball



Adult Basketball Lunchtime Hoops - \$3.00

Mondays and Fridays 12:00p – 2:00p

Wednesdays 11:30a - 1:15p

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

Chair Yoga - \$5.00

Mondays 2:00p - 3:00p

Stretching, breathing and practicing balance, all from the security of a chair. This modified practice makes yoga accessible to everyone. Led by a certified yoga instructor Brandy Gray.

Firm Believers - \$3.00

Mondays and Fridays 9:00a - 10:00a

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.

Fitness, Pilates, Barre, Yoga Fusion Class - \$5

Mondays 10:00a - 11:00a

Four disciplines that will help you gain strength, muscle definition, flexibility, core work and overall mind-body health. All you need are 1-2lb weights (or 2-16oz bottles of water) and a mat.

Gentle Grace Yoga - \$5.00

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 instructor Brandy Gray.

Pickleball - \$3.00

Tuesdays and Thursday

8:30a – 11:30a Intermediate and Advanced

11:30a - 1:30p - Beginner Lessons and Beginner Play

2:00p – 5:00p Open Play

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.

Smartplaye Youth Basketball - \$3.00

Mondays 4:00p - 5:30p

Fridays 6:00p – 7:30p

Smartplaye provides a safe, fun environment for ages 8-14 to build character, teamwork, and leadership skills. Through the use of intelligent play, we can encourage love, health, and well-being in every child. Organization founded and led by coach Adam Khorshid.

SVC - private rental

Monday - Thursday 6:00p – 9:00p

Table Tennis - \$3.00

Wednesdays 3:00p – 6:00p

Fridays 3:00p – 6:00p

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 are 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.

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. Please bring light to medium weights and a mat.

