

# PALMS CENTER ACTIVITIES SUMMER SCHEDULE

Effective June 13, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00a - 10:00a Firm Believers	8:30a– 11:30a Pickleball Intermediate & Advanced		8:30a– 11:30a Pickleball Open Play	9:00a - 10:00a Firm Believers
10:15a - 11:15a Fusion	Lessons suspended during the summer	10:00a – 11:00a Vitality	Lessons suspended during the summer	
				10:30a – 11:30a Gentle Grace Yoga
12:00p - 3:00p Summer Camp	12:00p - 3:00p Summer Camp	12:00p - 3:00p Summer Camp	12:00p - 3:00p Summer Camp	12:00p - 3:00p Summer Camp
3:30p – 4:30p Chair Yoga	3:30p - 9:00p Table Tennis	3:30p – 4:30p Tai Chi		3:30p - 6:30p Table Tennis
5:00p - 7:30p Smartplaye Youth Basketball				6:30p - 8:00p Smartplaye Youth Basketball



### **Chair Yoga - \$5.00**

**Mondays 3:30p - 4:30p**

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.

### **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 - \$5.00**

**Mondays 10:15a - 11:15a**

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 10:30a - 11:30a**

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

**Thursdays 8:30a - 11:30a - Open Play**

**Lessons Suspended During the Summer**

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 5:00p - 7:30p**

**Fridays 6:30p – 8:00p**

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.

### **Table Tennis - \$3.00**

**Tuesdays 3:30p - 9:00p**

**Fridays 3:30p – 6:30p**

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 3:30p – 4:30p**

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.

