



PALMS CENTER ACTIVITIES SCHEDULE (JAN 3, 2023)

New CLASSES or New TIMES in RED! All regularly scheduled classes & activities, now \$5.00!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	8:00a– 11:00a Pickleball Intermediate & Advanced	*NEW* 9:00a-10:00a TAI CHI	8:00a– 11:00a Pickleball Intermediate & Advanced		Qi-Gong (Coming Soon!)
9:00a - 10:00a Firm Believers				9:00a - 10:00a Firm Believers	
10:30a - 11:30a Fitness, Pilates, Barre, Yoga Fusion		10:30a – 11:30a Vitality		10:30a – 11:45a Gentle Grace Yoga w/Brandy	*NEW* PICKLEBALL 1030a-130PM Starting Jan 14th.
NEW CLASS 12-1pm Gentle Grace Yoga w/Karen	11:00a - 2:00p Table Tennis	Table Tennis 12-2:30PM	11:00a -1230p Pickleball Beginner Lessons All 3 courts	*NEW CLASS* 12p-1:15pm Chair Yoga w/Brandy	
New Instructor 1:30p - 2:30p Chair Yoga w/Karen			(time shift)		*NEW* <i>Senior Wellness Workshops 2-5PM</i> starting in March. (3/11, 4/15, 5/13)
	2:00p – 5:00p Pickleball Open Play	*NEW* Dance Classes (February) 4:00p-5:00p	2:00p – 5:00p Pickleball Open Play	2p-5p Table Tennis (time shift)	Coming Soon!
6:00p - 9:00p SVC	6:00p – 9:00p SVC		6:00p – 9:00p SVC	Smartplaye Youth Basketball 5:30p - 7:30p	

TRIVIA NIGHTS: MONDAYS Jan 9th, Feb 13th, & March 13th

Dance Classes: Feb 1, 8th, 15th, 22nd

Dance Class Finale Party & Performance 3/1/23



Please respect shared space & arrive to class at least 5 min prior to scheduled start time.

Chair Yoga - \$5.00

Mondays 1:30p - 2:30p & Fridays 12p-1:15pm

Stretching, breathing, and practicing balance, all from the security of a chair. This class promotes flexibility, mobility & vitality for all ages and makes yoga accessible to everyone.

Led by certified yoga instructors: Karen Moore on Mondays & Brandy Gray on Fridays.

***NEW* DANCE CLASSES* - \$10/couple for each class**

Wednesdays Feb 1, 8, 15, & 22

Join famed Dance Instructor Steve Ferrara for lessons on how to “cha-cha”, “fox-trot”, & MORE!

Dance Class Party & Performance WED 3/1/23 4p-6pm: \$5/person

Firm Believers - \$3.00

Mon and Fri 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. *Led by instructor Susan Ramos.*

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

Mondays 10:30a - 11:30a

This popular class offers 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. *Led by certified instructor Basia Gentry.*

Gentle Grace Yoga - \$5.00

Mondays 12p-1pm & Fridays 10:30a - 11:45a

Stretch, grow, balance, and flow as we explore the body through beginner-friendly yoga poses & mindful breathing to support optimal health and well-being. *Led by certified instructors, Karen Moore on Mon & Brandy Gray on Fri.*

Pickleball - \$5.00 (Activity Leads: Fred & Kayte Johnson)

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.

Tuesdays

8:00a – 11:00a Intermediate and Advanced

2:00p – 5:00p Open Play

Thursdays

8:00a – 11:00a Intermediate and Advanced

11:00a-12:30p - Beginner Lessons All 3 Courts

2:00p - 5:00p Open Play

Saturdays 10:30a-1:30pm - OPEN PLAY

Smartplayer Youth Basketball - \$3.00

Fridays 5:30p – 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 - gym unavailable

Table Tennis - \$5.00 (Activity Leader: Norm Arnold)

Tuesdays 11:00a – 2:00p

Wednesdays 12p-2:30pm

Fridays 2:00p – 5:00p

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 9a-10am

In this low-impact, slow-motion exercise, you go through a series of gentle movements that work throughout the entire body in a flowing sequence, which can be done both standing or in a chair. *Led by certified instructor Leslie Harris-Senac.*

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

October 10, November 14, January 9, February 13, March 13 5:30p - 8:00p (Activity Leader: Ken Majewski).

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 10:30a - 11:30a

This fun, upbeat, low impact aerobics class includes weight training and stretches concentrating on strength, core, balance and flexibility. All levels. *Led by certified fitness instructor Basia Gentry.*

Senior Wellness Workshops: (Coming Soon!)

A 3-hour immersive workshop series designed to provide a therapeutic, personalized retreat experience for each guest on their individual path, based on themes or conditions common to aging experience. Each workshop will support the unique needs and overall health and well-being of each guest; mind, body, & spirit. Each workshop will include a themed presentation, a breathing exercise, a 75 min gentle yoga class, followed by a guided meditation for total relaxation, and refreshments & fellowship to close.

Led by certified Yoga instructor Brandy Gray ERYT500.

