



PALMS CENTER **SPRING** ACTIVITIES SCHEDULE (Starts 1/1/2024)

updated 12/12/2023 Closed: 1/1, 1/15, 4/1, 5/27, 6/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
	8:00a– 11:00a Pickleball Intermediate & Advanced	9:00a-10:00a TAI CHI	8:00a– 11:00a Pickleball Intermediate & Advanced		PICKLEBALL 9:30-12:30am
9:00a - 10:00a Firm Believers				9:00a - 10:00a Firm Believers	
10:30a - 11:30a Vitality & Fusion		10:30a – 11:30a Vitality & Fusion			
12-1pm Gentle Grace Yoga w/Karen		12 - 3:00p Table Tennis	11:00a -12:30p Pickleball Beginner Lessons All 3 courts	NEW! Starting 1/19/24 TaiChi 12-1PM	Table Tennis 1PM-4PM
1:30p - 2:30p Chair Yoga w/Karen					
	2:00p – 5:00p Pickleball Open Play		2:00p – 5:00p Pickleball Open Play	2:00p – 5:00p Table Tennis	
6:00p - 9:00p Table Tennis Not on 1/8/, 2/19,3/25 ,4/15, 5/13, 6/17	6:00p – 9:00p SVC	Adult Wednesday Basketball 830-11pm	6:00p – 9:00p SVC	Smartplaye Youth Basketball 5:30p - 7:30p	

TRIVIA NIGHTS 5:30PM-8PM: 1/8, 2/19, 3/25 ,4/15, 5/13, 6/17



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

Chair Yoga - \$5.00

Mondays 1:30-2:30pm

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.

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.*

Vitality & Fusion Classes - \$5.00

Mondays & Wednesdays 10:30a - 11:30a

Our "Vitality & Fusion" Classes are fun, upbeat, and low impact incorporating aerobics for the heart, resistance bands and weights to tone, and aspects of Pilates and Barre for the core with Pilates Ring or body weight, and Yoga postures for balance and flexibility. *Led by certified instructor Basia Gentry.*

Gentle Grace Yoga - \$5.00

Mondays 12p-1pm

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. *We no longer sell eyewear on site. Please bring your own.*

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 9:30a-12:30pm - OPEN PLAY

Smart-player 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)

Mondays 6pm-9pm (some exceptions, e.g. Trivia Night)

Wednesdays 12– 3p

Fridays 2:00p – 5:00p

Saturdays 1pm-4pm

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 & Fridays 12-1

In this low-impact, slow-motion exercise, we go through a series of gentle movements which 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 – pizza & salad included in admission fee

Spring Dates Mondays 5:30-8pm 1/8, 2/19,3/25, 4/15,5/13,6/17 (No Trivia July & August)

(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.