

Lessie B. Price Aiken Senior & Youth Center

June 2019 Programming

Mon	Tue	Wed	Thu	Fri
3 9:30a-10:15a- SilverSneakers® Classic** 1:00p-2:00p-Zumba Gold** 2:30p-3:30p-Chair Volleyball* 3:15p-4:00p-Generation POUND 3:45p-5:45p-Lawn Games* 4:00p-4:45p-POUND Fit**	4 9:15a-11:30a-Brain Games 9:30a-10:30a-Walk with Ease* 10:45a-11:30a-Cardio Kickboxing** 11:45a-12:30p-POUND Fit** 12:30p-2:30p-Creative Arts 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	5 9:00a-10:00a-Chair Yoga** 11:30a-1:30p-Senior Club 12:30p-1:30p-Lunch Bunch* 1:00p-2:00p-Zumba Gold** 2:30p-5:30p-Cards, Dice, etc.	6 9:15a-11:30a-Brain Games 9:30a-10:30a-Walk with Ease* 10:30a-11:00a-Little Yogis 11:45a-12:30p-POUND Fit** 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	7 9:30a-10:15a- SilverSneakers® Classic** 10:30a-11:30a-Bingo 11:30a-1:30p-Senior Club 2:30p-5:30p-Cards, Dice, etc. 5:00p-5:45p-POUND Fit**
10 9:30a-10:15a- SilverSneakers® Classic** 1:00p-2:00p-Zumba Gold** 2:30p-3:30p-Chair Volleyball* 3:15p-4:00p-Generation POUND 3:45p-5:45p-Lawn Games* 4:00p-4:45p-POUND Fit**	11 9:15a-11:30a-Brain Games 9:30a-10:30a-Walk with Ease* 10:00a-11:30a-Teen Cuisine* 10:45a-11:30a-Cardio Kickboxing** 11:45a-12:30p-POUND Fit** 12:30p-2:30p-Creative Arts 1:30p-3:30p-Matter of Balance* 2:00p-4:00p-Computer Class* 3:30p-4:15p-Tai Chi*	12 9:00a-10:00a-Chair Yoga** 11:30a-1:30p-Senior Club 12:30p-1:30p-Lunch Bunch* 1:00p-2:00p-Zumba Gold** 2:30p-5:30p-Cards, Dice, etc.	13 9:15a-11:30a-Brain Games 9:30a-10:30a-Walk with Ease* 10:00a-11:30a-Teen Cuisine* 10:30a-11:00a-Little Yogis 11:45a-12:30p-POUND Fit** 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	14 9:30a-10:15a- SilverSneakers® Classic** 9:30a-10:30a-Walk with Ease* 10:30a-11:30a-Bingo 11:30a-1:30p-Senior Club 2:30p-5:30p-Cards, Dice, etc. 5:00p-5:45p-POUND Fit
17 9:30a-10:15a- SilverSneakers® Classic** 1:00p-2:00p-Zumba Gold** 2:30p-3:30p-Chair Volleyball* 3:15p-4:00p-Generation POUND 3:45p-5:45p-Lawn Games* 4:00p-4:45p-POUND Fit**	18 9:15a-11:30a-Brain Games 9:30a-10:30a-Indoor Walking* 10:00a-11:30a-Teen Cuisine* 10:00a-12:00p-Youth Pickleball 10:45a-11:30a-Cardio Kickboxing** 11:45a-12:30p-POUND Fit** 12:30p-2:30p-Creative Arts 1:00p-3:00p-Pickleball Dance Workout 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	19 9:00a-10:00a-Chair Yoga** 11:30a-1:30p-Senior Club 12:30p-1:30p-Lunch Bunch* 1:00p-2:00p-Zumba Gold** 2:30p-5:30p-Cards, Dice, etc.	20 9:15a-11:30a-Brain Games 9:30a-10:30a-Indoor Walking* 10:00a-11:30a-Teen Cuisine* 10:00a-12:00p-Youth Pickleball 10:30a-11:00a-Little Yogis 11:45a-12:30p-POUND Fit* 1:00p-3:00p-Pickleball Dance Workout 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	21 9:30a-10:15a- SilverSneakers® Classic** 9:30a-10:30a-Indoor Walking* 10:30a-11:30a-Bingo 11:30a-1:30p-Senior Club 2:30p-5:30p-Cards, Dice, etc. 5:00p-5:45p-POUND Fit**
24 9:30a-10:15a- SilverSneakers® Classic** 1:00p-2:00p-Zumba Gold** 2:30p-3:30p-Chair Volleyball* 3:15p-4:00p-Generation POUND 3:45p-5:45p-Lawn Games* 4:00p-4:45p-POUND Fit**	25 9:15a-11:30a-Brain Games 9:30a-10:30a-Indoor Walking* 10:00a-11:30a-Teen Cuisine* 10:00a-12:00p-Youth Pickleball 10:45a-11:30a-Cardio Kickboxing** 11:45a-12:30p-POUND Fit** 12:30p-2:30p-Creative Arts 1:00p-3:00p-Pickleball Dance Workout 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi*	26 9:00a-10:00a-Chair Yoga** 11:30a-1:30p-Senior Club 12:30p-1:30p-Lunch Bunch* 1:00p-2:00p-Zumba Gold** 2:30p-5:30p-Cards, Dice, etc.	27 9:15a-11:30a-Brain Games 9:30a-10:30a-Indoor Walking* 10:00a-11:30a-Teen Cuisine* 10:00a-12:00p-Youth Pickleball 10:30a-11:00a-Little Yogis 11:45a-12:30p-POUND Fit** 1:00p-3:00p-Pickleball Dance Workout 1:30p-3:30p-Matter of Balance* 3:30p-4:15p-Tai Chi* 5:15pm-6:00pm- Family Storytime*	28 9:30a-10:15a- SilverSneakers® Classic** 9:30a-10:30a-Indoor Walking* 10:30a-11:30a-Bingo 11:30a-1:30p-Senior Club 2:30p-5:30p-Cards, Dice, etc. 5:00p-5:45p-POUND Fit**

Key

Red: Age 50 and Up

Blue: All Ages

Teal: Ages 3-5

Orange: Ages 6-12

Black: Ages 10-16

Pink: 6th-12th Grade

Green: Age 13 & Up

Purple: Age 18 & Up

- Classes with a ~~strikethrough~~ are cancelled for that day
- Programs free of charge are indicated by an asterisk*

- Programs free for eligible SilverSneakers® Members are indicated by a double asterisk**

Schedule subject to change

For more information or to get registered, stop by the front desk or call 803-643-2181