

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 SilverSneakers 10:00-11:00am Spinning 5:30-6:30pm	2 SilverSneakers 10:00-11:00am Flex-N-Pump 5:30-6:30pm Zumba 7:30-8:30pm	3 Senior Social Hour 11am-12pm No Open Gym or Group Exercise Classes. Building Hours: 7am-6pm	4 Building Hours: 8am-1pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.	5 Building Hours: 8am-1pm Zumba 3-4pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.
6 SilverSneakers 10:00-11:00am Combo Aerobics 5:30-6:30pm Line Dancing 6:30-7:30pm	7 SilverSneakers 10:00-11:00am Kettlebells 5:30-6:30pm	8 SilverSneakers 10:00-11:00am Spinning 5:30-6:30pm	9 SilverSneakers 10:00-11:00am Flex-N-Pump 5:30-6:30pm Zumba 7:30-8:30pm	10 Senior Social Hour 11am-12pm No Open Gym or Group Exercise Classes. Building Hours: 7am-6pm	11 Building Hours: 8am-1pm Motown Ballroom 9-11am Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.	12 Building Hours: 8am-1pm Zumba 3-4pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.
13 SilverSneakers 10:00-11:00am Combo Aerobics 5:30-6:30pm Line Dancing 6:30-7:30pm	14 SilverSneakers 10:00-11:00am Kettlebells 5:30-6:30pm	15 SilverSneakers 10:00-11:00am Spinning 5:30-6:30pm	16 SilverSneakers 10:00-11:00am Flex-N-Pump 5:30-6:30 Zumba 7:30-8:30pm Youth Open Gym 6:30-7:30pm 18&up Open Gym 7:30-8:45pm	17 Senior Social Hour 11am-12pm No Open Gym or Group Exercise Classes. Building Hours: 7am-6pm	18 Building Hours: 8am-1pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.	19 Building Hours: 8am-1pm Zumba 3-4pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.
20 SilverSneakers 10:00-11:00am Combo Aerobics 5:30-6:30pm Line Dancing 6:30-7:30pm	21 SilverSneakers 10:00-11:00am Kettlebells 5:30-6:30pm Youth Open Gym 5:30-7:30pm 18&up Open Gym 7:30-8:45pm	22 SENIOR DAY SilverSneakers 10:00-11:00am Spinning 5:30-6:30pm	23 SilverSneakers 10:00-11:00am Flex-N-Pump 5:30-6:30 Zumba 7:30-8:30pm Youth Open Gym 6:30-7:30pm 18&up Open Gym 7:30-8:45pm	24 Senior Social Hour 11am-12pm No Open Gym or Group Exercise Classes. Building Hours: 7am-6pm	25 Building Hours: 8am-1pm Motown Ballroom 9-11am Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.	26 Building Hours: 8am-1pm Zumba 3-4pm Community Basketball open for all ages unless an event is scheduled. Join us on Facebook for schedule updates or call (336) 434-4000.
27 SilverSneakers 10:00-11:00am Combo Aerobics 5:30-6:30pm Line Dancing 6:30-7:30pm Youth Open Gym 5:30-7:30pm 18&up Open Gym 7:30-8:45pm	28 SilverSneakers 10:00-11:00am Kettlebells 5:30-6:30pm Youth Open Gym 5:30-7:30pm 18&up Open Gym 7:30-8:45pm	29 SilverSneakers 10:00-11:00am Spinning 5:30-6:30pm				

*Show us your skills on the dance floor! We've kicked off a new program! Join us for **Motown Ballroom** every 2nd and 4th Saturday from 9-11am and **Line Dancing** every Monday from 6:30-7:30pm. Fee is \$25 for one dance program or \$40 for both. Call 336-434-4000 to register today!*

February 25 (12pm-1:30pm) Senior Day. Free lunch will be served. Call us at 434-4000 to RSVP!



ARE YOU ELIGIBLE FOR SILVERSNEAKERS? JOIN US MONDAY-THURSDAY AT 10AM FOR CLASS!



GET MOVING WITH LICENSED INSTRUCTOR KEISHA PETTIFORD IN OUR ZUMBA CLASS! CHILD CARE AVAILABLE UPON REQUEST!



BECOME A MEMBER TODAY! OUR MONTHLY MEMBERSHIPS START AT ONLY \$15 PER MONTH. WE OFFER SOME OF THE LOWEST GYM RATES AROUND!