

Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

Beginning Crochet

- Friday
- 6 week class
- Time: 12:00pm-1:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Will be making heartwarming crochet scarf
- #4 worsted weight yarn and size H hook. Limit 6

Intermediate Crochet

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 10:00am-11:00am
- Cost: \$20.00
- Will make crocheted gingerbread tree ornaments, Limit 6

Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View
- See Beverly to set up boards

Artist and Crafters Monthly

Breakfast

- 2nd Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

Dining with Diabetes

- Monday's November 2 thru November 16, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Facilitated by Jennifer Banks

Tai-Chi: Healthy Choice for People with Arthritis

- Thursdays October 22-December 17, 2015
- 12:30pm-1:30pm
- Lynn View Cafeteria
- Facilitated by Jennifer Banks

Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

Self-Defense

- Thursday, November 19, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Call 765-9047 to sign up

Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2nd Tuesday of the month

Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

SilverSneakers Yoga (No Class until further notice)

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

How to Pick the Right Tennis Shoes and How to Prevent Low Back Injury

- Thursday, November 12, 2015
- 10:30am-11:30am
- Lynn View
- Presentation will include: Picking the right shoe for your special walking program, Discuss the shoe design and what to look for in a shoe, Back injury prevention, Postural awareness, Discuss the appropriate lumbar exercises stretching, flexibility, trunk stabilization
- Call 765-9047 to sign up