

## Winter 2012 Branch Site Class Schedule

### **Core Conditioning**

- Mondays & Wednesdays
- 9:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

### **Drawing**

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

### **Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

### **Line Dance - Intermediate**

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

### **Advanced Yoga**

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

### **Private Personal training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

### **Artist and Crafters Monthly Breakfast**

- February 14, 2012, 9:30 a.m.
- Lynn View Community Center
- Please call for reservation

### **Strength Training**

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Community Center
- Instructor: Chris Hicks

### **Yoga**

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

### **Zumba Fitness**

- Tuesdays & Fridays
- Time: 10:45 am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

### **Total Body Workout**

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

### **Couponing Group**

- Ongoing
- No FEE
- Instructor/ Group Leader: Marlana Williams
- Location: Lynn View Branch Site
- Share coupons/ ideas/ guest speakers
- 2nd Monday of each month/ Beginning October 10th
- Intergenerational/ do not have to be a member to attend couponing group.

### **Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

### **Pickle-ball**

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Community Center



**Exercise Room at Lynn View**



**V.O. Dobbins Community Center**



**Boy's and Girl's Club**