

Garner Senior Center Ongoing Programs

Senior Fitness Pass*

Annual GSC Fitness Pass: Resident \$25 | Non Resident \$40

* Does not include access to the fitness room

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis (<i>off site</i>) 9:00 Chair Fitness (<i>video</i>) 9:30 Line Dance Workshop (<i>1st Mon.</i>) 10:00 Line Dance ♦ 10:00 On the Mend 10:00 Silver Strummers - Ukulele Group 12:00 Senior Circuit 12:30 Meditation 12:30-8:00 Pinochle (<i>AH</i>) 1:30-2:15 Active Living Fitness ♦ 3:00 Indoor Walking 5:00-8:00 Fitness Room (<i>AH</i>)	8:00 Indoor Walking 9:00-11:00 Pickleball ♦ (NEW) Avery St. Rec Center 9:30 Zumba Gold ♦ 9:30 Color Me Calm 10:00 On the Mend 11:00 Tai Chi/Qi Gong \$ 12:00 Karaoke (NEW) <i>4th Tuesday</i> 12:30 Mah Jongg 12:30-2:15 Pickleball ♦ 2:30-4:45 Pickleball ♦	8:00 Indoor Walking 9:00 Chair Fitness (<i>video</i>) 9:15 Table Tennis ♦ 10:00 Blood Pressure Checks (<i>1st Wed</i>) 11:00 Soul Line Dancing ♦ 12:00 Woodcarving 12:00 Chess 12:15 A Step Up: <i>INT</i> Soul Line Dance \$ 12:30 Canasta 1:00-4:00 SHIP (<i>Appt. only</i>) <i>2nd & 4th Wednesday</i> 1:30 Bingo 1:30-3:00 Pickleball ♦ 3:15-4:45 Pickleball ♦ 4:00 Senior Yoga ♦ 5:00-8:00 Fitness Room (<i>AH</i>)	8:00 Indoor Walking 9:00 Tennis (<i>off site</i>) 9:30 Senior Fitness ♦ 10:00 Simply Music 11:00-1:00 Pickleball ♦ 12:00 Dominos 12:30 Pinochle 12:30 Chess 1:15-3:30 Pickleball ♦ 4:00 G Squad (<i>seasonal</i>)	8:00 Indoor Walking 9:00 Chair Fitness (<i>video</i>) 9:15 Table Tennis ♦ 9:30 Acrylic Painting Studio \$ 10:00 Needlework 12:00 Stretch & Flex ♦ 12:30 Hand, Knee & Foot 1:00-3:00 Pickleball ♦ 2:00 TOPS 3:15-4:45 Pickleball ♦

♦ Included in Senior Fitness Pass | *AH* After Hours/ *INT* Intermediate

\$ Additional fee

For more information contact the Garner Senior Center:

919-779-0122 | gsc@garnernc.gov

Follow us on Facebook @GarnerSeniorCenter