

March 2020

Weekly Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9:15– 10:00 Pilates \$	9:00-1:00 Triangle Portrait Artists \$	9:15–10:00 Workout with Weights\$	9:15-10:00 Balance Fitness \$	9:15-10:00 Qi Gong \$
9:30-10:15 Ageless Grace \$	9:15-10:00 Bootcamp \$	9:15-10:00 Cardio Sculpt \$	9:15-12:15 Open Art Studio	11:30-12:30 Pilates \$
10:00-11:30 Craft Group	9:15-10:00 Qi Gong \$	9:30-12:00 Ceramics	9:30-10:00 AIM Fitness	12:30-3:00 Bridge Open Play
10:30-11:30 Beg. Tai Chi Ch \$	10:00-11:30 Craft Group	10:00-11:30 Craft Group	10:00-11:30 Craft Group	1:00-1:45 Cardio Dance \$
11:30-12:30 Inter. Tai Chi \$	10:15-11:00 Balance Fitness \$	10:15-11:15 Pilates \$	10:00-1:00 Bridge Open Play	2:00- 3:30 Line Dance Open Studio
1:15-2:15 Adv Beg. Line Dance	10:15-11:00 Cardio Sculpt \$	10:15-11:00 Cardio Sculpt \$	10:15-11:00 Cardio Sculpt \$	3:15-5:45 Pickleball Open Play <i>Open play will begin at 12pm on March 6</i>
1:00-4:00 Bridge & Games	11:00-11:45 Dance Xross Fitness \$	11:15-12:00 Balance Fitness \$	10:15-11:00 Soul Line Dancing \$	
2:15-3:15 Inter. Line Dance	11:30-12:45 Chair Yoga \$	11:15– 12:00 Pilates \$	11:15-12:00 Balance Fitness \$	
2:00-3:00 Gentle Yoga \$	12:00-12:45 Zumba \$	12:00-12:45 Gentle Stretch \$	11:30-12:45 Chair Yoga \$	
3:15-4:15 Gentle Yoga \$	1:00-1:45 Total Body \$	12:00-1:00 Adult Tap \$	12:00-12:45 Men’s Strength/Cond. \$	
4:30-5:30 Pilates \$	1:30-4:30 SHIIP Counseling	1:00-2:00 Adv Beg. Line Dance	12:00-1:00 Pilates \$	
5:30-6:30 Pilates \$	2:00-2:45 Men’s Strength & Cond. \$	1:15– 2:00 Bootcamp \$	1:00-1:45 Silver Cardio \$	
6:30–7:15 Cardio Sculpt \$	3:15-5:45 Pickleball Open Play	1:30-4:30 SHIIP Appointments	1:00-1:45 Total Body \$ 1:30-3:30 Table Tennis Open Play	
	3:15-4:15 Vinyasa Yoga \$	2:00-3:00 Inter. Line Dance	1:30-4:30 SHIIP Appointments	
		2:00-4:30 Bluegrass Jam	2:00-3:00 Shibashi \$	
		2:15-3:00 Balance Fitness \$	2:00-4:00 Cribbage & Mahjong	
		3:15-4:15 Gentle Yoga \$	5:45-6:30 Total Body \$	
		4:30-5:30 Shibashi \$	6:15-7:15 Vinyasa Yoga \$	
			6:45-7:30 Balance Fitness \$	

****Classes and times are subject to change. Please confirm with staff when registering or call us at 919-996-4730****

March 2020

Five Points Center for Active Adults
2000 Noble Road, Raleigh 27608

919-996-4730
FivePointsCenter@raleighnc.gov



Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-1:00 Acrylic Painting 1:30-4:30 Advanced Oil Painting 3:30-5:00 Questions Across the Spectrum Discussion Group	3 9:30-10:15 BP & Weight Screenings 10:00-11:30 Cutting the Cord 10:15-11:15 Health Talks w/Dr Baldwin 1:00-4:00 Intro to Drawing II 2:00-3:30 Android Basics 2 3:30-5:00 Readers' Theatre Performance	4 1:00-4:00 Watercolor Intermediate 2:30-3:30 Let's Talk: Easing the Family Dialogue	5 10:00-11:30 Computer Basics 1 1:00-3:00 Abstract Painting 2:00-3:30 Computer Basics 4	6 9:30-12:00 Beginning Drawing: Gesture 10:00-12:00 First Friday Club 12:00-5:45 Pickleball Open Play 12:30-3:00 Bridge Open Play 1:00-3:30 Color Theory
9 10:00-1:00 Acrylic Painting 1:30-4:30 Advanced Oil Painting 3:30-5:30 Readers' Theatre	10 10:00-11:30 Chromecast Basics 1 1:00-4:00 Intro to Drawing II 2:00-3:30 Amazon Alex Basics 1	11 10:00-12:00 Young at Heart Club 1:00-4:00 Watercolor Intermediate 2:00-4:00 Writing as a Meditative	12 10:00-11:30 Computer Basics 2 10:00-11:30 French for Travelers 2:00-3:00 Important Legal Documents	13 9:00-3:00 Pickleball Clinics 9:30-12:00 Drawing: Beg Gesture 1:00-3:30 Painting: Acrylic & Oil
16 9:30-12:30 Intermed. Acrylic 1:00-3:00 1:1 Support/Counseling 1:30-4:30 Advanced Oil Painting 3:30-5:00 Questions Across the Spectrum Discussion Group	17 10:00-12:00 Pinterest Basics 1 1:00-2:00 Social Security Strategies 1:00-4:00 Intro to Drawing, Part 2 2:00-3:30 App-Based Taxi & Delivery 3:30-5:00 Readers' Theatre Performance	18 1:00-4:00 Watercolor Intermediate 2:00-3:00 The Upside of DOWNsizing	19 10:00-11:30 Computer Basics 2 10:00-11:30 French for Travelers 1:00-3:00 Painting: Collaging Whimsical Houses 2:00-4:00 Google Chrome Intro	20 9:00-3:00 Pickleball Workshop 9:30-12:00 Drawing: Beg Gesture 1:00-3:30 Oil & Acrylics
23 9:30-12:30 Intermed. Acrylic Painting 1:30-4:30 Advanced Oil Painting 3:30-5:30 Readers' Theatre 6:30-7:30 Spanish	24 10:00-12:00 GMAIL Basics 1 1:00-4:00 Intro to Drawing, Part 2 2:00-3:30 GIMP Photo Editing Basics 1	25 10:00-12:00 Young at Heart Club 1:00-4:00 Watercolor Intermediate 2:00-4:00 Writing as a Meditative Practice	26 10:00-11:30 Apple Laptop Basics 1 10:00-11:30 French for Travelers 1:00-3:00 Painting: Collaging Whimsical Houses 2:00-3:00 Planning for Medicaid	27 9:00-3:00 Pickleball Workshop 1:00-3:30 Painting: Oil & Acrylics 1:00-3:30 Parkinson's Disease Dialogue 3:15-5:45 Pickleball Open Play
30 9:30-12:30 Intermed. Acrylic Painting 1:30-4:30 Advanced Oil Painting	31 10:00-11:30 Android Tablet 1 2:00-3:30 GIMP Photo Editing Basics 1			