

12- Week Summer Program 2025

(June 9- August 29, 2025),

FUNDRAISING

CLUBS

DROP INS PAID

DROP IN FREE!

INSTRUCTOR LED CLASSES

MONDAY, 8:30- 4:30 PM	TUESDAY 8:30 AM- 4:30 PM	WEDNESDAY 8:30 AM- 4:30 PM	THURSDAY 8:30 AM- 4:30 PM	FRIDAY 8:30 AM- 4:30 PM
No Classes: Aug 4		No classes: Jul 1		Registration Starts Monday, May 20 th , 2025,
8:30-10:15 AM/ GYM PICKLEBALL ADVANCED Drop-In: \$3M/ \$5 NM	8:30-10:30 AM/ GYM PICKLEBALL BEGINNERS Drop-In: \$3M/ \$5 NM	8:30- 10:30 AM/ GYM PICKLEBALL INTERMEDIATE Drop-In: \$3M/ \$5 NM	8:30-11:00 AM/ GYM PICKLEBALL ADVANCED Drop-In: \$3M/ \$5 NM	8:30-10:00 AM/ GYM PICKLEBALL BEGINNERS Drop-In: \$3M/ \$5 NM
9:00-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00 AM-11:00 AM/ 225 KNITTING CLUB Free: MWSA mem only	9:00- NOON/ 229 QUILTING CLUB Free: MWSA mem only	9:00- NOON/ 225 CARD MAKING CLUB Free: MWSA mem only	9:00 AM-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM
9:30- 2:00 PM/ 224 HEARING TEST CLINIC 2 nd Mon of the Month Drop-In: \$3M/ \$5 NM	9:30 AM- 2:30 PM/ 224 / EARS 2 YOU: Hearing Clinic Drop-In: \$3M/ \$5 NM Jun 24, Sep 23, Dec 23	9:00-NOON/ 231 JAMMERS GROUP Drop-In: \$3M/ \$5 NM	9:30- 11:30 AM/ 231 / Willie WATERCOLORS 4 ALL LEVELS 10 Weeks/ \$160 M/ \$200 NM Drop In: \$20 M/ \$24 NM June 12- Aug 28/No class July 10 & 24	10:15- 11:15 AM/ CANCELLED GENTLE YOGA 12 Weeks/ \$120 M/ \$156 NM Jun 13- Aug 29 Drop In: \$13 M & \$16 NM
10:30- 11:30 AM/ 229/ CANCELLED MAT PILATES 8 Weeks/ \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM Jun 9, 16, 23, 30, Jul 7, 14, 21 & 28	10:00 AM- 11:00 AM/ Outdoor / WALKING FOR WELLNESS 6 Weeks/ \$60 M/ \$78 NM Drop In: \$13 M/ \$16 NM Jun 10, 17, July 8, 15, 22 & 29.	9:00 AM- 3:00 PM/ 224 / Outreach with EMCN Weekly on Wednesdays Only Free drop in	10:00- 11:00 AM/ 229 / Kirsten NIA THURSDAY 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M & \$16 NM Jun 12- Aug 28.	11:30- 12:30 PM/ GYM / CULTURE GROUP: RENTAL Jun 13, 20, 27, Jul 11, 18, 25, Aug 1, 8, 15, 22, 29.
10:30- 11:30 AM/ GYM / Esther TABATA MONDAY 8 Weeks/ \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM Jun 9, 16, 23, 30, Jul 7, 14, 21 & 28	10:00 AM-NOON/ 227 CAREGIVER'S CIRCLE 1 st Tues of the Month Drop-In: \$3M/ \$5 NM	10:30 AM- 12:00 PM/ 225 / Manuel SPANISH CONVERSATIONAL 11 Weeks/\$110 M/\$143 NM Drop In: \$13 M/ \$16 NM Jun 11- Aug 27.	11:15 AM- 12:15 PM/ GYM / Deb. R TABATA THURSDAY 8 Weeks/ \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM Jun 12, 19, 26, July 3, 10, 17, 24 & 31	1:15 PM- 2:00 PM/ 229 /Meaghan ESSENCIALS 4 SENIORS 12 Weeks/ \$156 M/ \$192 NM Drop In: \$16 M/ \$20 NM Jun 13- Aug 29
11:15- 12:15 PM/ 231 / Neeru YOGA 4 WELLBEING 11 Weeks/ \$110 M/ \$143 NM Drop In: \$13 M/ \$16 NM Jun 9- Aug 25	10:00 AM-NOON/ 227 ALZHEIMER'S SUPPORT 3 rd Tues of the Month Drop-In: \$3M/ \$5 NM	10:45-11:45 AM/ GYM / Deb Proc BARRE STRENGTH STRETCH 11 Weeks/\$110 M/\$143 NM Drop In: \$13 M/ \$16 NM Jun 11- Aug 27.	12:00-2:15 PM/ 23128 CRIBBAGE Drop-In: \$3M/ \$5 NM	1:00- 4:00 PM/ 225 OPEN ART STUDIO Drop-In: \$3M/ \$5 NM
11:45- 12:45 PM/ GYM / Rose STABILITY STRENGTH ENDURANCE 8 Weeks/ \$80 M/ \$104 NM Drop In: \$13 M/ \$16 NM Jun 9, 16, 23, 30, Jul 7, 14, 21 & 28	10:45- 11:45 AM/ GYM / Michelle STRETCH & TONE YOGA 10 Weeks/\$100 M/\$130 NM Drop In: \$13 M/ \$16 NM Jun 10- Aug 26 (No class July 2)	12:00-1:00 PM/ GYM / D Proc KEEP FIT ACTIVE 11 Weeks/\$110 M/\$143 NM Drop In: \$13 M/ \$16 NM Jun 11- Aug 27.	12:30-1:30 PM/ GYM / Deb Proc CORE STRENGTH STRETCH 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM Jun 12- Aug 28.	1:00- 2:00 PM/ GYM / Neeru CHAIR YOGA 12 Weeks/ \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM. Jun 13- Aug 29

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MONDAY, 8:30- 4:30 PM	TUESDAY 8:30 AM- 4:30 PM	WEDNESDAY 8:30 AM- 4:30 PM	THURSDAY 8:30 AM- 4:30 PM	FRIDAY 8:30 AM- 4:30 PM
No Classes: Aug 4		No classes: Jul 1		Registration Starts Monday, May 20 th , 2025,

12:30- 2:30 PM/ 231 TABLE TENNIS Drop-In: \$3M/ \$5 NM	10:00- 11:00 AM/ 229/ Dagmar D MOVE & GROVE NEW! 4 Weeks/ \$40 M/ \$52 NM Drop In: \$13 M/ \$16 NM Aug 5, 12, 19 & 26.	12:30-2:30 PM/ 231 TABLE TENNIS Drop-In: \$3M/ \$5 NM	12:30- 2:30 PM/ Café CANASTA Drop-In: \$3M/ \$5 NM	2:15- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM
1:15- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM Extended Time for Summer!	11:00- 12:00 PM/ 227/ BOOK CLUB 2nd Tuesday on June 10 Drop-In: \$3M/ \$5 NM No session in Jul & Aug.	12:30-3:30 PM/ 229 SEWING & CRAFTING CLUB Free: MWSA mem only	12:15- 3:15 PM/ 225/ Marcelle CARD MAKING CLASS 4 Weeks/ \$50 M/ 60 NM Drop In \$15 M/ \$20 NM May 15, Jun 19, July 17 & Aug 21	
1:30 PM/ Café/ Last Mon Monthly Birthday Party \$5 for guests/ NM. Free for Birthday members	11:15 AM- 12:15 PM/ 229/ Dagmar LATIN FITNESS NEW! 4 Weeks/ \$40 M/ \$52 NM Drop In: \$13 M/ \$16 NM Aug 5, 12, 19 & 26.	LINE DANCE: LEVEL I/ 1:15- 2:15 PM LINE DANCE: LEVEL II/ 3- 4 PM 11 Weeks/\$110 M/\$143 NM Drop In: \$13 M/ \$16 NM Jun 11- Aug 27/ Tracey Walters	2:00- 4:00 PM/ GYM PICKLEBALL INTERMEDIATE 6 weeks: \$40 M/ \$60 NM/ Drop-In: \$3M/ \$5 NM	
2:00- 4:00 PM/ 225 EUCHRE GAME Drop-In: \$3M/ \$5 NM	12:00- 1:00 PM/ GYM/ Deb. R CIRCUIT TRAINING 7 Weeks/\$70 M/\$91 NM Drop In: \$13 M/ \$16 NM Jun 10, 17, 24, Jul 8, 15, 22, 29.	2:00- 4:15 PM/ 227 MAHJONG GAME Drop-In: \$3M/ \$5 NM	3:00- 3:45 PM/ 229/ Tammy Clark 45 Min CHAIR ZUMBA 12 weeks: \$120 M/ \$156 NM Drop In: \$13 M/ \$16 NM Jun 12- Aug 28.	
2:00- 4:15 PM/ 227 MAHJONG GAME Drop-In: \$3M/ \$5 NM	1:15- 4:15 pm/ GYM / Summer Only! FUN FLOOR CURLING Drop-In: \$3M/ \$5 NM	2:15- 4:15 PM/ 225 CONVERSATION CIRCLE Drop-In: \$3M/ \$5 NM	1:45 - 3:45 PM/ 225 GRIEF CIRCLE with Michelle Drop-In: \$3M/ \$5 NM/ 2nd Thurs OF THE Month.	
		2:30- 4:15 PM/ GYM BADMINTON Drop-In: \$3M/ \$5 NM		