

The Centre At University Park

2014 Classes & Activities

Classes

- *Low Impact Aerobic: Weekly Monday & Wednesday 8:30am-9:30am
- *Computer Training Class: Weekly Monday & Wednesday 6:00pm-7:30pm & 7:30pm-9:00pm
- *Arts & Crafts: Weekly Tuesday & Thursday 9:00am-1:00pm
- *Ceramics: Weekly Tuesday & Thursday 9:30am-12:30pm
- *T.O.P.S (Taking off Pound Sensibly): Weekly Thursday 3:00pm-5:00pm
- *Cardio Fusion: Weekly Tuesday and Thursday 5:30pm- 6:30pm

*****Class Fee: \$10.00 per Month + Daily Fee*****

Activities/Events

- January:** Money Matters (Jan. 30th)
- February:** Senior Fun & Games Day (Feb. 11th)
Black History Program (Feb. 20th)
Family Movie Night (Feb. 6th)
- March:** SR. Mardi Gras Party (Mar. 4th)
Mardi Gras Party/Fashion Show (Mar. 7th)
Speed Dating (Mar. 20th)
- April:** Movie Night (April 3rd)
SR. Olympics (April 8th)
Oaklawn Trip (April 17th)
- May:** National Health & Fitness Day (May 28th)
Mother & Daughter Brunch (May 10th 9am-11am)
- June:** Father & Son Breakfast (June 14th)
Summer Madness (June 21st)
Karaoke Night (June 26th)