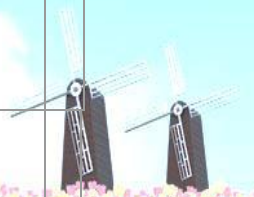


June 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Strength & Flex 8:30 Joyce's Class 10:00 Corn hole 10 -12 pm Ping pong 9 -12 pm</p>	<p>3 SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 10:00-12:00 *Get Fit Speaker Dr. Ed Schmit @ 11:00* Aging Chiropractic Care</p>	<p>4 Boot Camp 8:30am Joyce's Class 10:00 Ping pong 9 -12 pm Woodcarving 6:00 pm</p>	<p>5 SilverSneakers Classic 10:00 Pickleball 10:00-12:00 Card Club 12:30-3:30</p>	<p>6 Senior Fit Mix 8:30 Circuit w/Jaime 10:00 Ping pong 9 -12 pm</p>
<p>9 Strength & Flex 8:30 Joyce's Class 10:00 Corn hole 10 -12 pm Ping pong 9 -12 pm</p>	<p>10 SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 10:00-12:00 Get Fit Walk @ Fair Grounds 8:30</p>	<p>11 Boot Camp 8:30am Joyce's Class 10:00 Ping pong 9 -12 pm Woodcarving 6:00 pm</p>	<p>12 SilverSneakers Classic 10:00 Pickleball 10:00-12:00</p>	<p>13 Senior Fit Mix 8:30 Circuit w/Jaime 10:00 Ping pong 9 -12 pm</p>
<p>16 Strength & Flex 8:30 Joyce's Class 10:00 Corn hole 10 -12 pm Ping pong 9 -12 pm</p>	<p>17 SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 10:00-12:00</p>	<p>18 Boot Camp 8:30am Joyce's Class 10:00 Ping pong 9 -12 pm Woodcarving 6:00 pm</p>	<p>19 SilverSneakers Classic 10:00 Pickleball 10:00-12:00 Card Club 12:30-3:30 BINGO 11:00</p>	<p>20 NO CLASS W/Dave Circuit w/Jaime 10:00 Ping pong 9 -12 pm</p>
<p>23 Strength & Flex 8:30 Joyce's Class 10:00 Corn hole 10 -12 pm Ping pong 9 -12 pm</p>	<p>24 SilverSneakers Classic 10:00 Woodcarving 10 am Knitting 10 am Pickleball 10:00-12:00</p>	<p>25 Boot Camp 8:30am Joyce's Class 10:00 Ping pong 9 -12 pm Woodcarving 6:00 pm</p>	<p>26 SilverSneakers Classic 10:00 Pickleball 10:00-12:00 Get Fit Walk @ Jay Co. High School Track 8:30</p>	<p>27 Senior Fit Mix 8:30 No Class w/Jaime Ping pong 9 -12 pm</p>
<p>30 Strength & Flex 8:30 Joyce's Class 10:00 Corn hole 10 -12 pm Ping pong 9 -12 pm</p>	<p>FREE TO ANYONE OVER 55!!</p>			



Joyce's Senior Class is an exercise class geared toward women over the age of 55.

The class is considered low impact aerobics. The class lasts for 1 hour.

Jay Community Center
115 E. Water St.
Portland, IN 47371
260.726.6477
www.jaycc.org



Senior Strength and Flexibility is an exercise class geared more toward moderate aerobics focusing more intensely on each move.

Instructor, David Wade, AFTA

Senior Circuit

Instructor, Jaime Wagner

Class consist of standing low-impact movements alternated with standing upper body worker using hand held weights, elastic tubing with handles, and a ball. Entire class is done in a standing position with a chair available for standing support.

Come Try Our Other Senior Activities!!

- **Corn Hole**
- **Ping Pong**
- **Woodcarving**
- **Knitting**
- **PickleBall**

Senior Fit Mix

Instructor, David Wade, AFTA

The senior class will consist of a mix of weights, resistance bands and floor Pilates.

SENIOR BOOT CAMP

THIS IS A GREAT WAY OF PERFORMING EXERCISE IN A FUN, ENERGIZING WAY! STATIONS FULL OF UPPER BODY, LOWER BODY EXERCISES, GREAT CARDIO MUSIC AND ALSO FLOOR CORE EXERCISES. FOR SOMETHING DIFFERENT JOIN US ON WEDNESDAY MORNING AT 8:30 AM AND REPORT FOR DUTY!!

INSTRUCTOR, DAVE WADE, AFTA

SilverSneakers Classic

Have Fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Instructor, David Wade, AFTA