

NEW PAYMENT SYSTEM STARTS JANUARY 3RD, 2023

Based on your feedback we have abandoned the need to sign up online in advance for exercise programs and are moving to a PAY-AS-YOU-GO process. This new system gives you added flexibility and reduces our administrative load for refunds and account balancing. Here are the details:

Pre-registration is NOT required for FREE WEEKLY CLASSES AND PAID WEEKLY EXERCISE CLASSES

Free weekly classes	Paid weekly Exercise Classes
1) CHAIR AEROBICS 2) CARDIO-BOOST 3) TAI CHI DAY OF SIGN IN - USE KEY FOB TO SIGN IN AT KIOSK - MAX IN CLASS 35, <i>no exception</i>	1) Strength & Balance \$5 ea 2) Full Body Workout \$3 ea until 3/31 3) Tap Dancing \$5 each 4) Line Dancing (Beginner +) \$5 ea 5) Yoga \$5 ea 6) Barre Fusion \$3 ea until 3/31 7) Zumba Toning \$3 ea until 3/31 8) Zumba \$5 ea DAY OF SIGN UP - Use key fob at kiosk - Arrive at least 15 minutes before class starts to pay - You may pay for all paid classes you are attending that day, at the same time - Classes are \$3 or \$5 - Class limit is 35 persons - Payment location is in the community room

Pre-Registration and Pre-Payment are required for Special Events, Activities and Programs

What are these	Process to sign up
Musical Performances AgeSpan Traveling Chef – Meals Cooking Classes Gardening/floral decorating Arts and Crafts Historical Performances Computer Classes (monthly series) Ceramics Classes (monthly series) Foot Care Clinics	- Sign up in person OR by calling the FRONT DESK - Payment is due in advance - Sign-up deadlines apply for each event - Attendance is limited for each event - On the day of the event – Use Key Fob to sign in at the Kiosk - Cancellations are non-refundable

DAILY REMINDERS	MONTHLY REMINDER
Fitness Room: 9 am – 12.45 pm Pool Room Hours: 9 am – 3.45 pm Walking wonders meet at 8.45 am in lobby, leave at 9 am	Book Club - Last Tuesday of the month Men's Social Club – 1.30pm on 3 rd Thursday of the month

DAILY DETAILS TO HELP YOU

MONDAY		
9 am	Walking Wonders	FREE
9 am	Pool Playing	FREE
9 am – 12.45 pm	Fitness Room	FREE
10 am	Painting together	FREE
10.45 am	Chair Aerobics	FREE
1 pm	Strength and Balance	\$5/per class
1.15 pm	Social Time	FREE
2.45 pm	Full Body Workout	\$3/per class until 3/31
TUESDAY		
9 am	Walking Wonders	FREE
9 am	Pool Playing	FREE
9 am – 12.45 pm	Fitness Room	FREE
9 am	Tap Dancing	\$5/per class
9.30 am	Knitting/Crochet	FREE
9.30 am	Blood Pressure	FREE
11.45 am	Cardio Boost	FREE
1 pm	Line Dancing	\$5/per class
12.30 pm	Party Bridge	FREE
WEDNESDAY		
9 am	Walking Wonders	FREE
9 am	Pool Playing	FREE
9 am – 12.45 pm	Fitness Room	FREE
9.15 am	Yoga	\$5/per class
9.30 am	Blood Pressure	FREE
9.30 am	Ceramics	Pay \$20 for series
10.30 am	Barre Fusion	\$3/per class until 3/31
12.30 pm	Cribbage	FREE
THURSDAY		
9 am	Walking Wonders	FREE
9 am	Pool Playing	FREE
9 am – 12.45 pm	Fitness Room	FREE
9.15 am	Zumba Toning	\$3/per class until 3/31
9.30 am	Blood Pressure	FREE
10 am	Rummikub	FREE
10.45 am	Chair Aerobics	FREE
12.30 pm	BINGO	FREE
FRIDAY		
9 am	Walking Wonders	FREE
9 am	Pool Playing	FREE
9 am – 12.45 pm	Fitness Room	FREE
10 am	Quilting	FREE
10.30 am	Tai Chi	FREE
11.45 am	Zumba	\$5/per class
1 pm	Cardio Boost	FREE
2 pm	Line Dancing Beginners	\$5/per class