



Seniors' Week Free Trial Classes & Club Demos



All are welcome! Registration is **NOT** required! (Except for pickleball!)

<u>Monday, June 5</u>	<u>Tuesday, June 6</u>	<u>Wednesday, June 7</u>	<u>Thursday, June 8</u>	<u>Friday, June 9</u>
Cardio Plus 8:30am-9:30am [Auditorium] p. 20	Creative Greeting Cards Club 9:00am-12:00pm [Room 205] p. 51	Cardio Plus 8:30am-9:30am [Room 208/209] p. 20	Stretch and Tone Yoga (Intermediate) 9:00-10:30am [Room 208/209] p. 24	Essentrics for Stretch and Tone 9:00-10:00am [Room 209/209] p. 21
Interval Training 9:00am-10:00am [Room 105] p. 23	Silversmithing Club 9:00am-4:00pm [Room 202/203] p. 52	Washi Chigiri-e Club 9:00am-12:00pm [Room 205] p. 53	Wildlife Carving Club 9:00-12:00pm [Room 202/203] p. 53	Barre Cardio 9:30am-10:30am [Auditorium] p. 19
Essentrics for Stretch and Tone 9:00-10:00am [Room 208/209] p. 21	Total Body Bender Ball Workout <i>*New*</i> 9:15am-10:15am [Room 208/209] (See description below)	Wizards of Odds 'n Ends Club 9:00am-11:30am [Room 212] p. 53	Carpet Bowling Club 10:00am-12:00pm [Auditorium] p. 50	Pins and Needles Club 9:30am-12:30pm [Room 212] p. 52
Stained Glass Club 9:30am-4:00pm [Room 202/203] p. 52	Music Makers Club 9:30am-12:30pm [Room 201] p. 52	Fit For Your Life 9:45-10:45am [Room 208/209] p. 22	Gentle Yoga 10:45-12:00pm [Room 208/209] p. 23	Cribbage Club (AM) 9:45am-12:00pm [Room 205] p. 51
Fit For Your Life 9:45am-10:45am [Auditorium] p. 22	Weavers Club 10:00am-4:00pm [Room 212] p. 53	Active with Arthritis 12:00-1:00pm [Room 208/209] p. 18	Bridge Club 12:00pm-3:45pm [Room 206] p. 50	Age Reversing Essentrics 10:15-11:15am [Room 208/209] p. 19
Active with Arthritis 10:15am-11:15am [Room 105] p. 18	Stretch and Tone Yoga (Beginner) 10:30-12:00pm [Room 208/209] p. 24	Wizards of Odds 'n Ends Club 12:00pm-2:30pm [Room 212] p. 53	Chair Yoga 12:15pm-1:15pm [Room 208/209] p. 20	Cross Training 10:45am-11:45am [Auditorium] p. 21
Age Reversing Essentrics 10:15-11:15am [Room 208/209] p. 19	Zumba 12:15pm-1:15pm [Auditorium] p. 28	Yin/Yang Yoga 2:00pm-3:30pm [Room 208/209] p. 25	Pickleball - 12:20pm-1:35pm [Sign up online under 'Free Trials']	Gentle Yoga Explorations 11:30-12:30pm [Room 208/209] p. 23
Chair Total Body Workout 11:00am-12:00pm [Auditorium] p. 20	Chair Yoga 12:15-1:15pm [Room 208/209] p. 20		Guitar Jam Club 12:30pm-3:30pm [Room 201] p. 51	Cribbage Club (PM) 12:45pm-3:00pm [Room 205] p. 51
Fun 'n Fitness 12:15pm-1:15pm [Auditorium] p. 22	Jammers Club 1:00pm-4:00pm [Room 201] p. 52		Canasta Club 1:00pm-4:00pm [Room 205] p. 50	Northgate Writers Society Club 1:00pm-3:00pm [Room 206] p. 52
Chair Stretch and Balance 12:45-1:45pm [Room 208/209] p. 20	Yin & Yoga Nidra 2:00pm-3:00pm [Room 208/209] p. 25		Fiber Arts Club 1:00pm-4:00pm [Room 202/203] p. 51	Badminton Club 12:30pm-3:00pm [Auditorium] p. 50
Art Club 1:00pm-4:00pm [Room 211] p. 50		Active with Arthritis [Evening] 5:00pm-6:00pm [Room 208/209] p. 18	*Pickleball - 1:40pm-2:55pm [Sign up online under 'Free Trials']	Meditation 1:30pm-2:30pm [Room 208/209] p. 39
Pickleball - 1:40pm-2:55pm *[Sign up online under 'Free Trials']		Line Dance (All levels) [Evening] 6:00pm-7:30pm [Room 208/209] p. 45	*Pickleball - 3:00pm-4:15pm [Sign up online under 'Free Trials']	
Beginner Yoga 2:00pm-3:30pm [Room 208/209] p. 19				
Pickleball - 3:00pm-4:15pm *[Sign up online under 'Free Trials']				

***Please refer to the current [Spring 2023 Program Guide](#) for a program description.**

***New* Course Addition: Total Body Bender Ball Workout:** A total body workout designed to improve strength from head to toe. This class is designed to target all muscle groups with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands, hand weights, and like the name states, the bender ball. Must be able to transition to the floor easily and enjoy mat-based exercises.

Additional Seniors' Week Special Events at NESA

NESA Clubs Arts and Crafts Market

Wednesday, June 7 and Thursday, June 8 from 10:00am-2:00pm [Room 105]

Health and Wellness Fair

Wednesday, June 7 from 10:00am-2:00pm [Auditorium]