

day	time	what	where	cost	contact/phone
Mon	8-10 a.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	8:30-9:30 a.m.	Silver Sneakers Classic Class	Athens Community Center	Free to Silver Sneakers members	(740) 592-3325
	9:30 - 10:15 a.m.	Core & Balance - Active Senior Group Exercise Class	Wellworks (E124 Grover Center, Ohio University)	Wellworks (E124 Grover Center, Ohio University)	740-593-0197 (Josh) chrstej@ohio.edu
	10:15 - 11:00 a.m.	Chair Strength - Active Senior Group Exercise Class	Wellworks (E124 Grover Center, Ohio University)	Free to Silver Sneakers members (or typical membership rates)	740-593-0197 (Josh) chrstej@ohio.edu
	10:15-11:45	Line Dancing	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	1-2 p.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	2-3 p.m.	Yoga with Linda Cochran	Athens Community Center	Free to Silver Sneakers members	(740) 592-3325
	3-4 p.m.	Senior Swim (lifeguard present, do as you like)	Beacon Pool	\$3/person/session	740-594-3535 (Athens Sr Center)
	5:30-6:30 p.m.	Arthritis Swim (instructor/lifeguard leads a class of bending, stretching and walking in the water)	Beacon Pool	\$3/person/session	740-594-3535 (Athens Sr Center)
Tues	8-10 a.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	8:15-9:15 a.m.	Chair Volleyball	Market on State mall	Free (SeniorBEAT)	740-592-9300
	10:15-11:45	Line Dancing	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	10:30-11:30 a.m.	Chair Yoga (Athens Village) with Marcia Goldstein	OSU Extension Office	\$5 per person per session	Marcia Goldstein, 740-593-3164

	12:30-1:30	Arthritis Exercise Program (bending and stretching?)	Athens Community Center	Free; sign up through United Seniors, also SeniorBEAT	740-594-3535 or 740-592-9300
	1-2 p.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	2-2:50 p.m.	Chair Yoga	Wellworks (E124 Grover Center)	Free to WellWorks and Silver Sneakers members	Josh Christen, 740-593-0197, christej@ohio.edu
Wed	8-10 a.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	9:30-10:15 a.m.	Core and Balance	Wellworks (E124 Grover Center)	Free to WellWorks and Silver Sneakers members	Josh Christen, 740-593-0197, christej@ohio.edu
	10-11 a.m.	Yoga for people 50 and up. You can bring your own mat and accessories, or these are available at the library.	Athens Public Library	Free	(740) 592-4272
	10-11 a.m.	Arthritis Exercise Program (bending and stretching?)	First United Methodist Church, The Plains	Free (SeniorBEAT)	740-592-9300
	10:15-11 a.m.	Chair Strength - Active Senior Group Exercise Class	Wellworks (E124 Grover Center)	Free to WellWorks and Silver Sneakers members	Josh Christen, 740-593-0197, christej@ohio.edu
	10:15-11:45	Line Dancing	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	12:30-1:30 p.m.	Chair Volleyball	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	1-2 p.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
Thurs	8-10 a.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	8:15-9:15 a.m.	Chair Volleyball	Market on State mall	Free (SeniorBEAT)	740-592-9300

	10:15-11:45	Line Dancing	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	10:30-11:25 a.m.	Chair Yoga	Wellworks (E124 Grover Center)	Free to WellWorks and Silver Sneakers members	Josh Christen, 740-593-0197, christej@ohio.edu
	noon-1 p.m.	Tai Chi for Arthritis	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	1-2 p.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	2-3 p.m.	Yoga for people 50 and up. You can bring your own mat and accessories, or these are available at the library.	Athens Public Library	Free	(740) 592-4272
	2-3 p.m.	Circuit (exercise with music) led by Renee Smith	Athens Community Center	Free to Silver Sneakers members/\$10 others	(740) 592-3325
	3-4 p.m.	Senior Swim (lifeguard present, do as you like)	Beacon Pool	\$3/person/session	740-594-3535 (Athens Sr Center)
	5:30-6:30 p.m.	Arthritis Swim (instructor/lifeguard leads a class of bending, stretching and walking in the water)	Beacon Pool	\$3/person/session	740-594-3535 (Athens Sr Center)
Fri	8-10 a.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
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	9:30-10:15 a.m.	Chair Strength - Active Senior Group Exercise Class	Wellworks (E124 Grover Center)	Free to WellWorks and Silver Sneakers members	Josh Christen, 740-593-0197, christej@ohio.edu
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	1-2 p.m.	Walking Around the World (walk on the track)	Athens Community Center	Free; sign up through United Seniors	740-594-3535
	3-4 p.m.	Senior Swim (lifeguard present, do as you like)	Beacon Pool	\$3/person/session	740-594-3535 (Athens Sr Center)
Sat.	10-11 a.m.	Senior Exercise (mostly bending and stretching)	O'Bleness Room 10	Free (SeniorBEAT)	740-592-9300