



LA GRANGE COMMUNITY CENTER WEEKLY ACTIVITIES

Monday:

8:00 am - 9:00 pm	Fitness Center
9:30 am	Bible Study
10:30 am	Zumba Gold
12:00 noon	Exercise Equipment Orientation
6:00 pm	Zumba
7:30 pm	Line Dancing

Tuesday

8:00 am - 9:00 pm	Fitness Center
9:00 am	LCC Computer Class
3:30 pm	Arthritis Chair Aerobics
6:00 pm	Tai Chi

Wednesday

8:00 am - 9:00 pm	Fitness Center
10:00 am	Knitting Circle
10:30 am	Line Dancing
12:00 pm	Exercise Equipment Orientation
6:00 pm	Zumba
7:30 pm	Line Dancing

Thursday

8:00 am - 9:00 pm	Fitness Center
9:00 am	LCC Computer Class
3:30 pm	Arthritis Chair Aerobics

Friday

8:00 am - 12:00 pm	Fitness Center
8:00 am	Tai Chi
9:00 am	Game Day

Classes are provided through a partnership between the Town of La Grange and the Lenoir County Council on Aging.

*Effective August 11, 2015, all classes are free to members of the fitness center. Individuals under the age of 60 that wish to take a class, a fee of \$5 per class will be charged.

Membership fees:	Age 60 and up: \$0
	Under 60 years of age: \$10/month
	Class Participation without membership: \$5/class/person