

## **Adult and Senior Fitness Classes in City of Memphis Community Centers**

### **Bickford CC (Weekly)**

- Adult/Senior Arthritis Fitness Class (Mon-Wed-Fri) 9:00 – 10:00am - Free
- Trike Ride (Tuesdays – Thursdays) 9:00 – 10:00am - Free

### **Gaisman CC (Weekly)**

- Senior Walking Class (Monday – Friday) 9:00 – 9:30am - Free
- Senior Exercise Class (Monday – Friday) 9:30 – 10:00am – Free
- Zumba (Monday thru Thursday) 7:00 – 7:45pm – Free
- Senior Dance – Fridays 1:00 – 3:30pm - Free

### **Glenview CC (Weekly)**

- Adult Fitness & Toning Days: Monday-Friday Time: 3:00-6:00pm
- Adult Regular Workout Session Days: Monday-Friday 11:00-2:00pm  
Saturday: 10:00-2:00pm
- Adult Boxing Class Days: Monday-Friday Time: 5:00-8:00pm
- Adult Line Dancing Days: Wednesday 5:30-7:30pm  
Saturday: 11:00-1:00pm

### **Hickory Hill CC (Weekly)**

- Zumba – Monday, Tuesday, and Thursday from 6:30 – 7:30pm - \$5 weekly; \$40 monthly
- Tai Chi – Tuesday and Thursday from 5:00 – 6:00pm - Free
- Adult League Basketball – Monday through Friday from 12:00 – 2:00pm - Free
- Pickle Ball – Thursday from 11am – 1:00pm - Free
- Walk in the Park Group – Monday through Friday – 10 am to 1am and 5pm to 6pm
- Monthly Boot Camp – Last Saturday of each month from 10am to 12pm

### **Katie Sexton CC (Weekly)**

- Walk it out with Carman, Monday – Tuesday 6:00 – 7:00pm - Free
- Adult Hip Hop Dance, Wednesday 6:00 – 7:45pm - Free

### **McFarland CC (Weekly)**

- Fit Nation Wednesdays (6:00 – 7:45pm) & Saturdays 10 – 11:15am (Fee \$5:00)
- Yoga – Fridays (6:00 – 7:45pm) Free

### **Orange Mound CC (Weekly)**

- Adult Steppers Tuesdays – Thursdays 6:00 – 7:45pm - Free

### **North Frayser CC (Weekly)**

- Senior Walking Monday-Friday 11am - 12pm
- Adult Conditioning Tuesday 6-6:30 pm
- Zumba Tuesday 6:30-7:30 and every other Friday 6:30 - 7:30 pm

### **Raleigh CC (Weekly)**

- Senior Aerobics Monday-Wednesday-Friday (9:00-10:00am) Free
- Liv-It Up Monday-Wednesday-Friday (11:00 – 12:00am) Free
- Stepping – Thursdays (5:00 – 6:30pm) Free
- Zumba – Fridays (5:30 -7:30pm) Free
- Healthy Eating (2<sup>nd</sup> Tuesday 12:2:00pm) Free
- Make It Take It (2<sup>nd</sup> Thursday 12:00 – 2:00pm) Free

### **Riverview CC (Weekly)**

- Senior Fitness Class (Mondays – Fridays) 10:00 – 12:00 noon - Free
- Young Adult Fitness (Mondays. Tuesday Thursday Friday) 5:00 – 7:00pm) - Free
- Adults - ABS Class (Wednesdays) 5:00 – 7:00pm Free
- Ceramics Seniors (Monday – Friday) 11:am – 2:00pm - Free
- Computer Class Mondays 1:00 – 2:00pm – Free

### **Whitehaven CC**

- Line Dance Class Monday – Thursday – 4:30 – 7:00pm - Saturdays – 11:00 – 2:00pm - Free