

# Garner Senior Center Ongoing Programs

## Senior Fitness Pass\*

Annual GSC Fitness Pass: Resident \$25 | Non Resident \$40

\* Does not include access to the fitness room

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>8:00 Indoor Walking<br/>           9:00 Tennis (<i>off site</i>)<br/>           9:00 Chair Fitness (<i>video</i>)<br/>           9:30 Line Dance<br/>               Workshop (<i>1st Mon.</i>)<br/>           10:00 Line Dance ♦<br/>           10:00 On the Mend<br/>           10:00 Silver Strummers<br/>           Ukulele Group<br/>           10:00 Meditation <b>New!</b><br/>           12:00 Senior Circuit<br/>           12:30 Pinochle<br/>           1:30-2:15 Active Living<br/>               Fitness ♦<br/>           3:00 Indoor Walking<br/>           5:00-8:00 Fitness Room<br/> <b>New!</b></p> | <p>8:00 Indoor Walking<br/>           9:30 Zumba Gold ♦<br/>           9:30 Color Me Calm<br/>           10:00 On the Mend<br/>           11:00 Tai Chi/Qi Gong \$<br/>           12:30 Scrabble<br/>           12:30 Mah Jongg<br/>           12:30-2:15 Pickleball ♦<br/>           2:30-4:45 Pickleball ♦</p> | <p>8:00 Indoor Walking<br/>           9:00 Chair Fitness (<i>video</i>)<br/>           9:15 Table Tennis ♦<br/>           10:00 Blood Pressure<br/>               Checks (<i>1st Wed</i>)<br/>           11:00 Soul Line Dancing ♦<br/>           12:00 Woodcarving<br/>           12:00 Chess<br/>           12:15 A Step Up: INT<br/>               Soul Line Dance \$<br/>           12:30 Canasta<br/>           1:00-4:00 SHIP<br/>           (<i>2nd &amp; 4th Wed</i>) (<i>Appt. only</i>)<br/>           1:30 Bingo<br/>           1:30-3:00 Pickleball ♦<br/>           3:15-4:45 Pickleball ♦<br/>           4:00 Senior Yoga ♦<br/>           5:00-8:00 Fitness Room <b>New!</b></p> | <p>8:00 Indoor Walking<br/>           9:00 Tennis (<i>off site</i>)<br/>           9:30 Senior Fitness ♦<br/>           10:00 Simply Music<br/>           11:00-1:00 Pickleball ♦<br/>           12:00 Dominos<br/>           12:30 Pinochle<br/>           1:15-3:30 Pickleball ♦<br/>           4:00 G Squad (<i>seasonal</i>)</p> | <p>8:00 Indoor Walking<br/>           9:00 Chair Fitness (<i>video</i>)<br/>           9:15 Table Tennis ♦<br/>           9:30 Acrylic Painting<br/>               Studio \$<br/>           10:00 Needlework<br/>           12:00 Stretch &amp; Flex ♦<br/>           12:30 Hand, Knee &amp; Foot<br/>           1:00-3:00 Pickleball ♦<br/>           2:00 TOPS<br/>           3:15-4:45 Pickleball ♦</p> |

♦ Included in Senior Fitness Pass | \$ Additional fee | INT Intermediate | COMP Competitive

*All programs are subject to change without notice.*

For more information contact the Garner Senior Center:

919-779-0122 | [gsc@garnernc.gov](mailto:gsc@garnernc.gov)

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