

Wellness Program

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stretch 10:15 - 11:15 am Main Building Dance Room</p> <p>Line Dance 11:30 am - 12:30 pm Main Building Dance Room</p>	<p>Hsiang Hsiang Dance 10:00 am - 12:00 pm Main Building Dance Room</p> <p>Total Body Conditioning 12:30 - 1:30 pm Main Building Dance Room</p>	<p>Stretch 10:15 - 11:15 am Main Building Dance Room</p> <p>Zumba 4:00pm-5:00pm Main Building Dance Room</p>	<p>Hula Dance 10:00 - 11:00 am Main Building Dance Room</p> <p>Ballroom Dance 12:30 - 2:30 pm Main Building Dance Room</p>	<p>Hsiang Hsiang Dance 10:00 am - 12:00 pm Main Building Dance Room</p>	<p>Tai Chi 9:30 - 10:30 am Main Building Multi-Purpose Room</p> <p>Zumba* 2:00 - 3:00 pm Main Building Dance Room</p>
<p>Ukulele 12:00 - 1:00 pm Senior Center RM 207</p> <p>Calligraphy (1st 3 Mondays) 1:00 - 2:30 pm Senior Center RM 209 (Class is currently full)</p>	<p>Singing 1:00 - 3:00 pm Senior Center RM 207 (Class is currently full.)</p>	<p>Gentle Yoga 10:15 - 12:00 p.m. Senior Center Auditorium room 212 (experienced or intermediate level)</p> <p>Karaoke Open Mic 1:00 - 3:00 pm Senior Center RM 207</p>	<p>Guitar 10:00 am - 12:00 pm Senior Center RM 207 (starts on 10/19/23)</p> <p>Karaoke Open Mic 1:00 - 3:00 pm Senior Center RM 207</p>	<p>Flower Arrangement (2nd and 4th Fridays) 1:30 - 4:00 pm Senior Center RM 209</p>	
<p>Ping Pong Monday - Friday 8:30 am – 9:00 pm Saturday 9:00 am – 5:45 pm USA Sports Rec Center</p>			<p>Pickleball Monday, Tuesday, Wednesday, Friday 9:00 am – 2:30 pm <u>Summer Schedule 6/3- 8/9:</u> Monday, Tuesday & Thursday 9 AM-2:30 PM CCC Main Building Gym</p>		



RSVP
Via email to
agilman@ccchouston.org
to reserve a class spot.



Masks Optional
Masks are optional for
all leisure learning
classes.



Bring Equipment
Bring your own yoga
mat for all exercise
classes.



Clean Equipment
Please clean any equipment after
each use. The disinfecting tool will be
provided.



***Cosmetic Class**
Bring your own makeup, tools, and a
mirror that shows your whole face.



***Zumba | Virtual**
Zoom Meeting ID: 860 8164 9337
Password: 9800

週一	週二	週三	週四	週五	週六
<p>自由鍛煉 10:15 - 11:15 am 文化中心舞蹈教室</p> <p>排舞 11:30 am - 12:30 pm 文化中心舞蹈教室</p>	<p>香香舞 10:00 am - 12:00 pm 文化中心舞蹈教室</p> <p>全身塑形 12:30 - 1:30 pm 文化中心舞蹈教室</p>	<p>自由鍛煉 10:15 - 11:15 am 文化中心舞蹈教室</p> <p>輕瑜伽 10:15 - 12:00 p.m. 年長者中心212 房間 (有經驗或中級水平)</p>	<p>夏威夷舞 10:00 - 11:00 am 文化中心舞蹈教室</p> <p>國標舞 12:30 - 2:30 pm 文化中心舞蹈教室</p>	<p>香香舞 10:00 am - 12:00 pm 文化中心舞蹈教室</p>	<p>太極拳 9:30 - 10:30 am 主樓多功能廳</p> <p>尊巴 2:00-3:00pm 文化中心舞蹈教室</p>
<p>尤克里里課 12:00 - 1:00 pm 年長者中心 207房間</p> <p>书法班 (每月前三個週一) 1:00 - 2:30 pm 年長者中心 209房間 (課程暫時滿員)</p>	<p>歌唱課 1:00 - 3:00 pm 年長者中心 207房間 (課程暫時滿員)</p>	<p>卡拉OK 1:00 - 3:00 pm 年長者中心 207房間</p> <p>尊巴舞 4:00pm-5:00pm 文化中心舞蹈教室</p>	<p>吉他課 10:00 am - 12:00 pm 年長者中心 207房間 (10/19/23開始)</p> <p>卡拉OK 1:00 - 3:00 pm 年長者中心 207房間</p>	<p>插花課 (每月第二、第四個週五) 1:30 - 4:00 pm 年長者中心 209房間</p>	
<p>乒乓 每週一到週五, 8:30 am - 9:00 pm 每週六, 9:00 am - 5:45 pm USA Sports 乒乓球館</p>			<p>匹克球 週一, 週二, 週三, 週五 9:00 am - 2:30 pm 夏季時間表6月3日到8月9日 週一, 周二, 週四 9 AM-02: 30 PM 文化中心體育館</p>		



課程報名
請通過郵件
agilman@ccchouston.org
，預約位置。



可選口罩
所有休閒學習課程均可
選擇佩戴口罩。



自備瑜伽墊
任何健身課程請自備瑜
伽墊。



保持清潔
每次使用完任何中心的設備後，會員須
將其擦拭乾淨 (清潔用品文化中心會提
供)。



美妝課
課程所需物品包括學生平日化妝的整
套化妝品，工具及一面能照出全臉的
鏡子。



***尊巴 (有氧健身舞蹈)**
Zoom 課程號 : 860 8164 9337
課程密碼 : 9800