

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 12:10 - 1:10 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 09:30 - 11:00 am (2nd and 4th Thursday) Main Building Dance Room</p> <p>Traditional Chinese Dance 11:15am-12:15pm 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</p>	<p>Mahjong Club 1:30 - 5:00 pm Senior Center RM 209</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>Singing 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, Thursday, Friday 9:00 am – 2:30 pm Sunday 5:30pm-9:00pm <u>Summer Schedule 6/3- 8/8:</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