

West Chester Activity Center prime club Daily Activities
Open Monday – Friday 9:00 AM – 8:00 PM
513.779.7360 / www.WestChesterActivityCenter.org

*** denotes activity will occur if enough players available**

MONDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:15	Ball & Band Class (\$)	Fitness Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:00	Fit for Life (\$)	Fitness Room
10:30 – 11:45	Chair Volleyball	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Bingo (\$)	Recreation Room
12:30 – 8:00	Corn Hole *	Recreation Room
1:30 – 2:30	Team Volleyball Practice	Recreation Room
1:00 – 4:00	Mah Jongg	Gathering Room
3:00 – 4:00	Bible Study (3 rd)	Community Room
6:00 – 7:00	Zumba (\$)	Recreation Room
7:00 – 8:00	Boot Camp – LEAN (\$)	Fitness Room

TUESDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:30	Nia (\$)	Community Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:00	Blood Pressure Clinic (2 nd)	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 2:00	Healing Touch (by appointment) (\$)	Therapy Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Chair Volleyball	Recreation Room
10:45 – 11:30	Yoga (\$)	Community Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 8:00	Corn Hole *	Recreation Room
12:30 – 2:30	Massage Therapy (3 rd) (\$)	Therapy Room

West Chester Activity Center prime club Daily Activities
Open Monday – Friday 9:00 AM – 8:00 PM
513.779.7360 / www.WestChesterActivityCenter.org

TUESDAY

1:00 – 3:00	Bridge	Gathering Room
1:00 – 3:00	Penny Poker	Gathering Room

WEDNESDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:30 – 10:15	Stability Ball (\$)	Fitness Room
10:00 – 10:30	Prime Pacers	Grand Lobby
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:00	Fit for Life (\$)	Fitness Room
10:30 – 11:45	Chair Volleyball	Recreation Room
11:30 – 2:00	Ortho-Bionomy (1 st & 3 rd) (\$)	Therapy Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Companions on a Journey – (2 nd & 4 th)	Kitchen/Storage Room
12:30 – 8:00	Corn Hole *	Community Room
1:00 – 3:00	Euchre	Gathering Room
1:00 – 2:00	Veteran's Group (last)	
5:00 – 6:00	Family Self Defense (\$)	Fitness Room
6:00 – 7:00	Coresolid / Pilates (\$)	Fitness Room
6:00 – 9:00	Ballroom Dancing (\$)	Recreation Room

THURSDAY

9:00 – 8:00	Fitness Equipment Billiards * Table Tennis * Open Computer Lab Puzzles Wii Games Foosball *	Fitness Room Grand Lobby Grand Lobby Virtual Game Room Lounge Virtual Game Room Virtual Game Room
9:15 – 10:00	Tai Chi Play (\$)	Fitness Room
10:00 – 10:30	Prime Pacers Balance Exercise Class (\$)	Grand Lobby Fitness Room
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Chair Volleyball	Recreation Room
11:00 – 11:45	Zoga (\$)	Community Room

West Chester Activity Center prime club Daily Activities
Open Monday – Friday 9:00 AM – 8:00 PM
513.779.7360 / www.WestChesterActivityCenter.org

THURSDAY

11:00 – 12:00	Blood Glucose Clinic (1 st)	Grand Lobby
	Blood Pressure Clinic (1 st ,2 nd ,3 rd ,4 th)	Grand Lobby
12:00 – 4:00	Mah Jongg	Gathering Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Team Volleyball Practice	Recreation Room
12:30 – 8:00	Corn Hole *	Recreation Room
1:00 – 3:00	Bridge	Gathering Room
1:00 – 3:00	Penny Poker	Gathering Room
7:00 – 9:00	West Chester Symphony	Recreation Room

FRIDAY

9:00 – 8:00	Fitness Equipment	Fitness Room
	Billiards *	Grand Lobby
	Table Tennis *	Grand Lobby
	Open Computer Lab	Virtual Game Room
	Puzzles	Lounge
	Wii Games	Virtual Game Room
	Foosball *	Virtual Game Room
10:00- 10:30	Prime Pacers	Lounge
10:00 – 11:30	Current Events	Gathering Room
10:00 – 8:00	Various Card Games *	Gathering Room
10:30 – 11:45	Chair Volleyball	Recreation Room
12:00 – 12:30	Lunch	Gathering Room
12:30 – 1:30	Bingo (1 st ,2 nd ,3 rd) (\$)	Recreation Room
12:30 – 1:30	Bunko (last) (\$)	Recreation Room
12:30 – 1:30	Line Dancing (\$)	Community Room
1:00 – 3:00	Reiki (2 nd & 4 th) (\$)	Therapy Room

1/05/12

West Chester Fitness Schedule

	Class	Fee	Level	Time	Location
Mon	Fitness Equipment			9:00 AM – 8:00 PM	Fitness Room
	Personal Training	Call		By Appointment	Fitness Room
	Prime Pacers			9:00 AM – 10:00 AM	Grand Lobby
	Ball & Band Class	\$4	2	9:30 AM – 10:15 AM	Fitness Room
	Fit for Life	\$6/\$8	2	10:30 AM – 11:00 AM	Fitness Room
	Beginning Youth Weight Training	\$36 for 6 weeks		4:00 PM – 5:00 PM	Fitness Room
	Youth Weight Room Orientation			5:00 PM – 6:30 PM	Fitness Room
	Zumba	\$6/\$8	3	6:15 PM – 7:15 PM	Recreation Room
	Boot Camp - LEAN	\$6/\$8	3	7:00 PM – 8:00 PM	Fitness Room
	Tues	Fitness Equipment			9:00 AM – 8:00 PM
Personal Training		Call		By Appointment	Fitness Room
Prime Pacers				9:00 AM – 10:00 AM	Grand Lobby
Nia		\$4/\$8	2	9:30 AM – 10:30 AM	Community Room
Yoga		\$6/\$8	2	10:45 AM – 11:30 PM	Community Room
Wed	Fitness Equipment			9:00 AM – 8:00 PM	Fitness Room
	Personal Training	Call		By Appointment	Fitness Room
	Prime Pacers			9:00 AM – 10:00 AM	Grand Lobby
	Stability Ball	\$4/\$6	2	9:30 AM – 10:15 AM	Fitness Room
	Fit for Life	\$6/\$8	2	10:30 AM – 11:00 AM	Fitness Room
	Beginning Youth Weight Training	\$36 for 6 weeks		4:00 PM – 5:00 PM	Fitness Room
	Youth Weight Room Orientation			5:00 PM – 6:30 PM	Fitness Room
	Family Self Defense	\$6/\$8	2	5:00 PM – 6:00 PM	Fitness Room
	Coresolid / Pilates	\$6/\$8	3	6:00 PM – 7:00 PM	Fitness Room
	*Hip Hop Fit	\$6/\$8	3	7:00 PM – 8:00 PM	Fitness Room
Thurs	Fitness Equipment			9:00 AM – 8:00 PM	Fitness Room
	Personal Training	Call		By Appointment	Fitness Room
	Prime Pacers			9:00 AM – 10:00 AM	Grand Lobby
	Tai Chi Play	\$3	1	9:15 AM – 10:00 AM	Fitness Room
	Balance Class	\$2	1	10:00 AM – 10:30 AM	Fitness Room
	Zoga	\$2	2	11:00 AM – 11:45 AM	Community Room
	Tai Chi for Kids	\$3	1	3:30 PM – 4:00 PM	Fitness Room
	KidsFit	\$6/\$8	2	6:30 PM – 7:30 PM	Fitness Room
Fri	Fitness Equipment			9:00 AM – 8:00 PM	Fitness Room
	Personal Training	Call		By Appointment	Fitness Room
	Prime Pacers			9:00 AM – 10:00 AM	Grand Lobby

1 = Easy – Mild intensity, designed for those just getting started in a fitness program. A chair is often used as an aid for balance and support.

2 = Moderate – The cardio classes will be faster paced with more involved choreography.

One should be able to get down on the floor with relative ease.

3 = Challenging – Format and intensity of these classes is designed for the more advanced exerciser.

* = new class forming

12/19/11