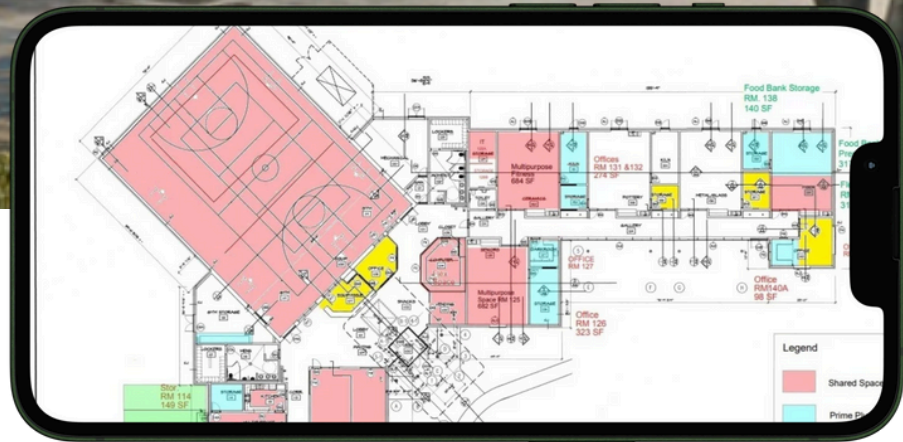


Prime*plus* SENIOR CENTERS

**SPRING - SUMMER
2025**

NEW BEGINNINGS



Primeplus is committed to delivering high-quality care and services that support seniors in maintaining their health, independence, and overall well-being, enabling them to live and thrive within their communities.

Monday

- | | |
|---|---|
| 9:00 - 10:00 a.m. - Game Room (Billards/Table Tennis) | 10:00 - 2:00 - Bridge - Open Play |
| 9:00 - 9:45 a.m. - ChairOne w/ Angel | 11:00 - 11:45 a.m. - Zumba with Amy |
| 9:00 - 9:45 a.m. - Balance with Fere | 11:00 - 11:45 a.m. - Core on the Floor w/ Fere |
| 9:00 - 9:45 a.m. - Body Boot Camp with Chelsea | 11:00 - 11:45 a.m. - Dance Sit with Richelle |
| 10:00 - 10:45 a.m. - Gentle Yoga with Amy | 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Tomika |
| 10:00 - 10:45 a.m. - Seated in Strength with Chelsea | 12:00 - 1:00 p.m. - Game Room (Billards/Table Tennis) |
| 10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair with Fere | 12:00 - 1:00 p.m. - Tai Chi Open Studio |

Tuesday

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| 9:00 - 10:00 a.m. - Game Room (Billards/Table Tennis) | 12:00 - 2:00 p.m. - Diabetes Prevention T2 Class |
| 9:00 - 9:45 a.m. - Pilates with Fere | 12:00 - 12:45 p.m. - Creative Dance w/ Richelle **NEW** |
| 9:00 - 9:45 a.m. - Zumba Gold with Sheina | 12:00 - 1:00 p.m. - Game Room (Billards/Table Tennis) |
| 9:00 - 9:45 a.m. - Essentrics with Peggy | 10:00 - 2:00 p.m. - Mexican Train - Open Play |
| 10:00 - 10:45 a.m. - Balance & Agility w/Angie | 12:00 - 1:00 p.m. - Beg. Tai Chi w/Tidewater Tai Chi (\$) |
| 10:00 - 10:45 a.m. - Chair Yoga w/ Shawn -No Class in June | 1:00 - 2:00 p.m. - Inter. Tai Chi w/ Tidewater Tai Chi (\$) |
| 10:00 - 10:45 a.m. - Stretch Flex & Tone w/ Sheina | |
| 10:00 - 10:45 a.m. - Stretch, Flex & Tone II w/ Fere | |
| 11:00 - 11:45 a.m. - Too Fit To Quit with Fere | |
| 11:00 - 11:45 a.m. - Chair Aerobics with Sheina | |
| 11:00 - 12:00 p.m. - Yin Yoga with Angie | |
| 11:00 - 11:45 a.m. - Chair Yoga II w/ Shawn - No class in June | |

Wednesday

- | | |
|--|---|
| 8:15 - 8:45 a.m. - The Art of Stretching w/ Shawn | 11:15 - 12:00 p.m. - Chair Yoga with Angie |
| 9:00 - 10:00 a.m. - Game Room (Billards/Table Tennis) | 12:00 - 12:45 p.m. - Chair Zumba with Tomika |
| 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe | 12:00 - 2:00 p.m. - Conversational Spanish Club |
| 9:00 - 9:45 a.m. - Fitness Fundamentals with Fere | 12:00 - 12:45 p.m. - Boot Camp w/ Chelsea |
| 9:00 - 9:45 a.m. - Abs, Abs, Abs with Angie | 12:00 - 1:00 p.m. - Game Room (Billards/Table Tennis) |
| 9:00 - 12:00 p.m. - Smart Money Meeting *2nd Wed | |
| 9:00 - 2:00 p.m. - Mah Jongg Open Play | <u>Free Curbside Food Pantry</u> |
| 10:00 - 10:45 a.m. - Line Dancing with Alice & Joe | **NEW TIME** |
| 10:00 - 10:45 a.m. - Seated in Strength w/ Chelsea | 1:00 - 2:00 p.m. - Location: Parking Lot |
| 10:00 - 11:00 a.m. - Gentle Yoga with Angie | |
| 10:00 - 10:45 a.m. - Balance & Agility w/ Fere - **The Class time will change in June** | |
| 11:00 - 11:45 a.m. - Too Fit To Quit with Richelle | |

Thursday

- | | |
|---|---|
| 9:00 - 10:00 a.m. - Game Room (Billards/Table Tennis) | 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere |
| 9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina | 11:00 - 11:45 a.m. - Essentrics with Peggy |
| 9:00 - 9:45 a.m. - Balance & Agility with Fere | 11:00 - 12:30 p.m. - Diabetes Prevention T2 Class |
| 10:00 - 10:45 a.m. - Stretch Flex & Tone w/Sheina | 12:00 - 12:45 p.m. - Dance Aerobics w/Angel |
| 10:00 - 10:45 a.m. - Intro with Pilates with Fere | 12:00 - 1:00 p.m. - Game Room (Billards/Table Tennis) |
| 10:00 - 10:45 a.m. - Sit n Get Fit w/ Chelsea | |
| 10:00 - 2:00 p.m. - Bridge - Open Play | |

Friday

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|---|---|
| 9:00 - 9:45 a.m. - Ball Stability w/ Fere | 10:00 - 10:45 a.m. - Chair Yoga w/ Shawn - No class in June |
| 9:00 - 10:00 a.m. - Game Room (Billards/Table Tennis) | 11:00 - 11:45 a.m. - Barre w/ Richelle |
| 9:00 - 12:00 p.m. - Mexican Train - Open Play | 11:00 - 11:45 a.m. - Too Fit Too Quit w/ Fere |
| 10:00 - 11:45 a.m. - Seated & Strength w/Fere | |
| 10:00 - 10:45 a.m. - Pilates w/ Richelle | |

Hours of Operation:

Monday to Thursday:

8:00 AM - 2:00 PM

Friday:

9:00 AM - 12:00 PM

New Address:

7545 Diven Street Norfolk, VA 23505

Phone: 757.625.5857

Additional Parking

More parking is available if you drive down W Little Creek Rd and turn onto Tapley Ave (Friendship Veterinary Hospital)

Game Room

The game room is available for open play only during the summer, from 9-10 AM and 12-1 PM. For the month of May, the game room will be open from 9 - 2 PM.

Food Pantry

The food pantry will be distributing food in the front parking lot from 1:00 to 2:00 PM. Due to limited parking, members cannot line up their cars or be served prior to this time.

Summer Camp

From June 1 to August 31, we will be sharing the building with the City of Norfolk's summer camp. To maintain our high level of service, some classes may be rescheduled or have adjusted hours. Please note that youth will be present in the building and will be supervised during this time.

City of Norfolk Art Programs

Until further notice, Primeplus will not be offering art programs. Instead, we will be supporting the Visual Art Center's classes. Summer registration starts on May 12th. For an updated schedule, please visit

<https://www.norfolk.gov/5293/Visual-Arts>

Lockers

Lockers are available inside the bathrooms. You must bring their own lock and must remove their items at the end of each day. Items cannot be left overnight.



Keep Calm and

Let's Walk!

**LACE UP YOUR SNEAKERS
AND GET MOVING!!**

If you're going to talk the talk, you've got to walk the walk

**Members can walk at your own pace inside the gym,
Monday through Friday, from 8:00 a.m. to 9:00 a.m.
throughout the month of May.**

READY...SET...GO!!!!

