

Prime*plus*

SENIOR CENTERS

JULY
2025

NEW BEGINNINGS



Primeplus Senior Centers is a 501(C)3 organization. We are 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.

Primeplus will be closed Friday, July 4, 2025

Monday

9:00 - 9:45 a.m. - ChairOne w/ Cristeta	10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair w/ Fere
9:00 - 9:45 a.m. - Balance with Fere	11:00 - 11:45 a.m. - Zumba with Amy
9:00 - 9:45 a.m. - Body Boot Camp with Chelsea	11:00 - 11:45 a.m. - Core on the Floor w/ Fere
10:00 - 10:45 a.m. - Gentle Yoga with Amy	11:00 - 11:45 a.m. - Chair Dance Fit with Richelle
10:00 - 10:45 a.m. - Seated in Strength w/ Chelsea	12:00 - 12:45 p.m. - Charged Up! ChairOne w/ Suzanne
10:00 - 2:00 - Bridge - Open Play	12:00 - 1:00 p.m. - Tai Chi Open Studio
	1:00 - 1:45 p.m. - Seated in Strength with Suzanne *NEW* starting 7/7

Tuesday

8:00 - 8:45 a.m. - Chair Yoga with Shawn *NEW Time starting 7/8/25*	
9:00 - 9:45 a.m. - Pilates with Fere	
9:00 - 9:45 a.m. - Zumba Gold with Sheina	12:00 - 2:00 p.m. - Diabetes Prevention T2 Class
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. - Stretch Flex & Tone w/ Sheina	1:00 - 2:00 p.m. - Inter. Tai Chi w/ Tidewater Tai Chi (\$)
10:00 - 10:45 a.m. - Stretch, Flex & Tone II w/ Fere	
11:00 - 11:45 a.m. - Too Fit To Quit with Fere	Medicare Counseling with Brad Klavan
11:00 - 11:45 a.m. - Chair Aerobics with Sheina	3rd Tuesday @ 12:00 p.m.
11:00 - 12:00 p.m. - Yin Yoga with Angie	
12:00 - 12:45 p.m. - Urban Moves & Broadway Grooves w/ Richelle	

Wednesday

8:00 - 8:45 a.m. - ChairOne w/ Suzanne *New starting 7/9/25*	
8:15 - 8:45 a.m. - Art of Stretching - starting 7/9/25	11:15 - 12:00 p.m. - Chair Yoga with Angie
9:00 - 9:45 a.m. - Fitness Fundamentals with Fere	12:00 - 12:45 p.m. - ChairOne with Cristeta
9:00 - 9:45 a.m. - Abs, Abs, Abs with Angie	12:00 - 2:00 p.m. - Conversational Spanish Club
9:00 - 12:00 p.m. - Smart Money Meeting *2nd Wed	12:00 - 12:45 p.m. - Boot Camp w/ Chelsea
9:00 - 2:00 p.m. - Mah Jongg Open Play	1:00 - 1:45 a.m. - Seated in Strength w/ Suzanne *NEW* starting 7/9
10:00 - 10:45 a.m. - Balance & Agility w/ Fere	
10:00 - 10:45 a.m. - Seated in Strength w/ Chelsea	Free Curbside Food Pantry
10:00 - 11:00 a.m. - Gentle Yoga with Angie	1:00 - 2:00 p.m.
11:00 - 11:45 a.m. - Too Fit To Quit with Richelle	Location: Parking Lot

Thursday

9:00 - 9:45 a.m. - Coffee & Music with Steve *New*	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. - Line Dancing w/ Alice
10:00 - 10:45 a.m. - Intro with Pilates with Fere	1:00 - 1:45 p.m. - Folk Dancing with Alice
10:00 - 10:45 a.m. - Sit n Get Fit w/ Chelsea	
10:00 - 2:00 p.m. - Bridge - Open Play	

Friday

9:00 - 9:45 a.m. - Ball Stability w/ Fere	11:00 - 11:45 a.m. - Pilates 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	11:00 - 11:45 a.m. - Chair Yoga w/ Shawn - starting 7/11
10:00 - 10:45 a.m. - Barre w/ Richelle	

CHAIR YOGA WITH SHAWN

Tuesdays @ 8:00 am

Fridays @ 11:00 a.m.

ART OF STRETCHING

Wednesdays @ 8:15 am

All classes will start the week of July 7th



CHAIRONE

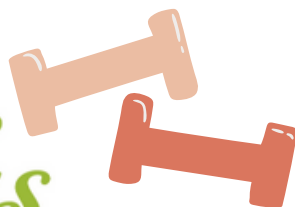
F I T N E S S



Instructor:

Suzanne

Primeplus
SENIOR CENTERS



Mondays

12:00 PM

Charged Up!

ChairOne

1:00 PM

Seated in Strength

Wednesdays

8:00 AM

ChairOne

1:00 PM

Seated in Strength

Classes start the week of July 7th