

VIENNA SENIOR CENTER / HEALTH WELLNESS CENTER SCHEDULE
706 29th Street, Vienna, WV 26105 / Exercise Classes are FREE for Seniors Age 50+

WALKING

Mondays 10:00-11:00am Thursdays 11:00-1:00pm Fridays 5:00-6:00pm

SENIOR CARDIO FITNESS CLASSES

2nd, 4th, and 5th Mondays 11:00-12:00 (Instructor – Linda)

SENIOR SILVER SNEAKERS BALLS / BANDS / WEIGHTS CLASSES

Tuesdays 11:00-12:00pm (Instructor – Linda)

ZUMBA CLASSES

1st and 3rd Mondays 9:00-10:00am - Beginners (Instructor – Luvia)
Monday Nights 6:00-7:00pm - Intermediate (Instructor – Katrina)
Tuesdays 9:00-10:00pm - Intermediate (Instructor – Luvia)
Wednesdays 9:00-10:00am - Beginners (Instructor – Luvia)
 6:00-7:00pm - Beginners (Instructor – Luvia)
Fridays 9:00-10:00am – Intermediate (Instructor – Luvia)

LINE DANCING CLASSES

1ST and 3rd Mondays 11:00-12:00pm (Instructor – Donnie)
2nd and 4th Tuesdays 6:30-7:30pm (Instructor – Donnie)

YOGA CLASSES

Wednesdays 11:00-12:00pm – Intermediate (Instructor- Linda)
Thursdays 9:45-10:45am - Beginners (Instructor – Linda)

SENIOR PICKLEBALL GAMES

Mondays 12:30-2:30pm
1st and 3rd Tuesdays 6:30-9:00pm
2nd and 4th Tuesdays 12:30-2:30pm
Wednesdays 12:30-2:30pm
2nd and 4th Thursdays 6:30-9:00pm
Fridays 6:00-9:00pm

SENIOR CHAIR VOLLEYBALL GAMES

1st, 3rd and 5th Tuesdays 1:00-2:30pm (Instructor – Luvia)
Thursdays 1:00-2:30pm (Instructor – Luvia)

WATER AEROBICS / JACKSON PARK POOL

(June 8th to August 3rd)

Thursdays 11:00-12:00pm (Instructor – Linda)
Saturdays 11:00-12:00pm – Aqua Zumba (Instructors Linda / Katrina)

SENIOR CENTER – MAIN BUILDING

Mondays, Tuesdays and Thursdays 9:00-3:00pm / Friday Nights 6:00-10:00pm
Card Playing / Table Games / Dominos / Puzzles / Library (main floor) Billiard / Treadmill
/ Stepper / Bicycles / Computers / Quilting (second floor – elevator) – Soft drinks and bottle
water are 50 cent each and coffee is always free