


# MAY 2022

## LUBBER RUN 55+ CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
Pickleball Beg.* 9am-10am GYM B Total Body Fitness*+ 10:00-11:00am GYM A Morning Meetup+ 10am-11am RM 115 Tai Chi Practice+ 11:30-12:30pm RM 119 Social Bridge+ 12pm-3pm RM 115 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119	Pickleball III* 9am-10am GYM B Full Fitness*+ 10am-11am GYM A Traditional Yoga* 10:30-11:30am RM 116 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Switching Gears 1pm-2pm RM 115 With ART Zumba* 2:15pm-3pm RM 116	Strength Training*+ 9am-10am GYM A Pickleball II* 9am-10am GYM B Basic Hand Crafts 11am-12pm RM 115 Tai Chi Practice+ 11:30-12:30pm RM 116 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice+ 12:30-1:30pm RM 116 History Discussion 1:30-2:45pm VIRTUAL Opera Appreciation 1:30-3:30pm RM 121 Traditional Yoga* 4pm-5pm RM 126	Full Fitness*+ 10am-11am GYM A Social Bridge+ 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Drop In Volleyball 2pm-4pm GYM B Pickleball Beg.* 6pm-7pm GYM B	Strength Training*+ 9am-10am GYM A Pickleball II* 9am-10am GYM B Total Body Fitness* 10:15-11:15am GYM A Tai Chi Practice+ 11:30-12:30pm RM 126 Social Bridge+ 12pm-3pm RM 115 Tai Chi Practice+ 12:30-1:30pm RM 126
Total Body Fitness*+ 10:00-11:00am GYM A Morning Meetup+ 10am-11am RM 115 Tai Chi Practice+ 11:30-12:30pm RM 119 Social Bridge+ 12pm-3pm RM 115 Traditional Yoga* 1pm-2:30pm RM 116 SAIL 1pm-2pm RM 119	Full Fitness*+ 10am-11am GYM A Traditional Yoga* 10:30-11:30am RM 116 Gentle Hatha Yoga* 11:45-12:45pm RM 116 Zumba* 2:15pm-3pm RM 116	Strength Training*+ 9am-10am GYM A SPRING-O 10-12pm LAWN Study of Words 10:30-11:45am RM 115 History Roundtable 11:15-12:30pm VIRTUAL Tai Chi Practice+ 11:30-12:30pm RM 119 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice+ 12:30-1:30pm RM 119 Lubber Run Advisory 2pm-3:30pm RM 115 Board Meeting Traditional Yoga* 4pm-5pm RM 126	Full Fitness*+ 10am-11am GYM A Social Bridge+ 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Sudoku 1:30-3:30pm RM 115 Beginner Quilling 1:30-3pm RM 126 Drop-In Volleyball 2pm-4pm GYM B	Strength Training*+ 9am-10am GYM A Total Body Fitness*+ 10:15-11:15am GYM A Tai Chi Practice+ 11:30-12:30pm RM 119 Social Bridge+ 12pm-3pm RM 115 Tai Chi Practice+ 12:30-1:30pm RM 119
Total Body Fitness*+ 10:00-11:00am GYM A Morning Meetup+ 10am-11am RM 115 Social Bridge+ 12pm-3pm RM 115 Traditional Yoga* 1pm-2:30pm RM 116 Tree Walk 1pm-2pm LOBBY	Full Fitness*+ 10am-11am GYM A Traditional Yoga* 10:30-11:30am RM 116 Genealogy 11:30-1pm RM 119 Gentle Hatha Yoga* 11:45-12:45pm RM 116	Strength Training*+ 9am-10am GYM A Opera Appreciation 1:30-3:30pm RM 121 Traditional Yoga* 4pm-5pm RM 126	Full Fitness*+ 10am-11am GYM A Social Bridge+ 10am-1pm RM 115 Drop-In Volleyball 2pm-4pm GYM B Beyond Words 6-7:30pm RM 115	Strength Training*+ 9am-10am GYM A Total Body Fitness*+ 10:15-11:15am GYM A Smartphone Photography 11-12pm RM 119 Social Bridge+ 12pm-3pm RM 115
Total Body Fitness*+ 10:00-11:00am GYM A Morning Meetup+ 10am-11am RM 115 Social Bridge+ 12pm-3pm RM 115	Full Fitness*+ 10am-11am GYM A Genealogy 11:30-1pm RM 119	Strength Training*+ 9am-10am GYM A Tai Chi Practice+ 11:30-12:30pm RM 119 Chair Hatha Yoga* 11:45-12:45pm RM 121 Tai Chi Practice+ 12:30-1:30pm RM 119 Handling Hand-Held 1pm-2pm RM 116 Fitness Props	Full Fitness*+ 10am-11am GYM A Social Bridge+ 10am-1pm RM 115 SAIL 1pm-2pm RM 119 Drop-In Volleyball 2pm-4pm GYM B Beyond Words 6-7:30pm RM 115	Strength Training*+ 9am-10am GYM A Total Body Fitness*+ 10:15-11:15am GYM A Tai Chi Practice+ 11:30-12:30pm RM 119 Social Bridge+ 12pm-3pm RM 115 Tai Chi Practice 2+ 12:30-1:30pm RM 119
	Full Fitness*+ 10am-11am GYM A	300 N PARK DR ARLINGTON VA 22203 703-228-4767 <a href="https://www.arlingtonva.us/Government/Departments/Parks-Recreation">https://www.arlingtonva.us/Government/Departments/Parks-Recreation</a>	Please pre-register if you plan on attending any upcoming programs so we can notify you of any changes or cancellations.	Activities with a plus (+) are drop-in. Activities with a star (*) require a fee. All other activities are open to 55+ pass holders free of cost

115 = Magnolia Senior Room 116 = Walnut Wellness Room 119 = Oak Multipurpose Room 121 = Hickory Multipurpose Room 126 = Beech Small Multipurpose

