

LUBBER RUN 55+ CENTER ACTIVITY CALENDAR

November 2022

300 N. Park Drive,
Arlington VA
703-228-4747

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	2 9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice RM119 12:30-1:30pm Tai Chi Practice RM119 1:30-3:30pm Opera Appreciation* RM115 4:15-5:30pm Traditional Yoga** RM126	3 8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-3:30pm Sudoku RM115 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119	4 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11am-12pm The Search for Extraterrestrial Life * RM115 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
7 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Yoga** RM116	8 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11am-12pm Indoor Air Quality* RM115 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	9 9-10am Strength Training* GYMA 10-11am Help! How Do I Register for a Class? * RM115 11:15-12:30pm History Roundtable* VIRTUAL 10:30-11:30am Study of Words* RM126 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 2-3pm Advisory Committee Meeting RM115 4:15-5:30pm Traditional Yoga** RM126	10 8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 1:30-2:30pm Union Soldiers at Fredericksburg* RM126 1:30-3pm Beginner Quilling ** RM115 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119	11 Center Closed
14 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL* RM119 1-2:30pm Traditional Yoga** RM116	15 7:30-8:30am Bootcamp** GYMA 10-11am Full Fitness* GYM 10:30-11:30am Traditional Yoga** RM116 11am-12pm Turkey Tips * RM115 11:30am-1pm Genealogy* RM119 11:45-12:45pm Gentle Hatha Yoga** RM116 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115 2:15-3pm Zumba** RM116	16 9-10am Strength Training* GYMA 9:30-10:30am 55+ Walks * RM116 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 1:30-3:30pm Opera Appreciation* RM121 4:15-5:30pm Traditional Yoga** RM126	17 8-9am Gyrokinesis** RM116 10-11am Full Fitness* GYM 10am-1pm Social Bridge RM115 1-2pm SAIL* RM119 2-4pm Drop in Volleyball GYMB 2:30-3:30pm Ballroom Bootcamp RM119	18 9-10am Strength Training* GYMA 10:15-11:15am Total Body Fitness* GYMA 11:30am-12:30pm Tai Chi Practice RM119 12-3pm Social Bridge RM115 12:30-1:30pm Tai Chi Practice RM119 1:45-3:45pm Social Ballroom RM119
21 10-11am Total Body Fitness* RM119 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL* RM119	22 10-11am Full Fitness* GYM 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115	23 9-10am Strength Training* RM119 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119 1:30-2:45pm Local History* RM115	24 Center Closed	25 Center Closed
28 10-11am Total Body Fitness* GYMA 10-11am Morning Meetup RM115 11:30am-12:30pm Tai Chi Practice RM116 12-3pm Social Bridge RM115 1-2pm SAIL* RM119	29 10-11am Full Fitness* GYM 1-2:30pm Encore Chorale** RM119 1-3pm Rummikub RM115	30 9-10am Strength Training* GYMA 11:30am-12:30pm Tai Chi Practice RM116 12:30-1:30pm Tai Chi Practice RM119		

KEY

* = registration required
^ = fee required
+ = Social 60+ Café
Bold = speakers/special events/etc.

RM115 - Magnolia
RM116 - Walnut
RM119 - Oak
RM121 - Hickory
RM126 - Beach

NOTE: Programs without a symbol are considered Drop-In and do not require registration.