


Monday	Tuesday	Wednesday	Thursday	Friday	
	CLOSED NEW YEARS DAY	1 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (B) 5:30- Mixxed Fit 6:30- Zumba w/ Shannon	2 9:05- Chair Yoga 9:30- Pilates 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski	3 9:30- Sit & Be Fit 11:00- Just Walk	
	7 8:30- Strength & Stamina 9:30- BALL Pilates (bring your own ball) 10:30- Bingo (B) 1:00-3pm-Advanced Line Dance	8 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p-Beginner Line Dance 6:30p- Island Creek HOA (B)	9 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (B) 3:00-5pm- F.I.N.S. (B) 5:30- Mixxed Fit 6:30- Zumba w/ Shannon	10 9:05- Chair Yoga 9:30- Pilates 10-12:00- J.Crisp Art Class (B) 10:30-Adult Dance 11:30 Crochet & Knitting (C) 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski	11 9:30- Sit & Be Fit 11:00- Just Walk 6:00-9pm- Parent's Night Out (see back for registration info)
	14 8:30- Strength & Stamina 10:30- Bingo (B) *Coastal Home Care Guest Speaker 1:00-3pm-Advanced Line Dance	15 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p-Beginner Line Dance (room A) 6:30p-Girl Scouts (room B)	16 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (B) 3:00-5pm- F.I.N.S.(B) 5:30- Mixxed Fit 6:30- Zumba w/ Shannon	17 9:05- Chair Yoga 9:30- Pilates 10:15-Cancer Screening Presentation (C) 10:30-Adult Dance 10-12:00- J.Crisp Art Class (B) 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski	18 9:30- Sit & Be Fit 11:00- Just Walk 1:00- Matinee Movie Playing "Book Club"
	21 CLOSED Martin Luther King Jr Day	22 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p-Beginner Line Dance 6:30p-Girl Scouts (C) 6:30p- Runaway Point HOA (B)	23 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (B) 3:00-5pm- F.I.N.S.(B) 5:30- Mixxed Fit 6:30- Zumba w/ Shannon	24 9:05- Chair Yoga 9:30- Pilates 10-12:00- J.Crisp Art Class (B) 10:30-Adult Dance 11:30 Crochet & Knitting (C) 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski	25 9:30- Sit & Be Fit 11:00- Just Walk 1:00- DIY Workshop Beaded Bookmarker (B)
	28 8:30- Strength & Stamina 10:30- Bingo (B) *Cancer Screening Guest Speaker 12:00- Covered Dish (B) 1:00-3pm-Advanced Line Dance	29 9:30- Stretch & Tone 11:30- Sewing Bees (B) 5:30p-8p-Beginner Line Dance 6:30p-Girl Scouts (B)	30 8-1pm- HealthMPowers (B) 8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club (C) 3:00-5pm- F.I.N.S. (B) 5:30- Mixxed Fit 6:30- Zumba w/ Shannon	31 9:05- Chair Yoga 9:30- Pilates 10-12:00- J.Crisp Art Class (B) 10:30-Adult Dance 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski	ALL CLASSES ARE HELD IN THE MAIN HALL, UNLESS SPECIFIED FOR ROOM B or C

125 Wilmington Island Rd. (912)898-3320

www.chathamcounty.org/CommunityCenters/FrankGMurray

Check Out our Face Book Page for the schedule, events & updates!



#FGMCC



Frank G Murray Community Center Monthly Programs Info

Special dates to remember...

8th- NEW Beginner Line Dance Lessons in the evenings! Tuesdays 5:30-8pm \$5/person. Instructors Susan & Claudia teach for the first half of the evening, then the rest is open dance style!

10th – Watercolor 101 with Judy Crisp 10am-12pm. A 4 week small group class designed for the beginner. \$160/4 weeks. Contact Judy @ jpcrisp1@bellsouth.net or 658-5787 for Supply list.

10th & 24th- Crochet & Knitting Club 11:30-1pm Cost: FREE Simply bring your supplies or project. All levels are invited to share & learn together. Snacks are welcome or a lunch, our kitchen is open to everyone.

11th - Parent's Night Out 6-9pm. Crafts, learning, dinner & a movie for your little one(s). For info & to sign up, go to www.LibraryInMotion.com

18th - MATINEE MOVIE- 1:00p.m. \$2
Includes Popcorn, candy, drink & seat cushions!
Playing: **"Book Club"** PG-13

25th - DIY Workshop-1pm \$5 Make 2 Unique Metal "Shepherds Hook" Bookmarkers, ornate with beads & gemstones of your choice! Sign up by 1/17 @ office.

28th – Cancer Screening Presentation 10:00-10:30 Free! Preceding Bingo, learn more about the testing available for genetic cancer screening.

28th - COVERED DISH 12pm Cost: \$1
Let's enjoy lunch together! This month, we do NOT require you bring a side dish... We will have a special lunch, made & served by Summer Breeze! ☺

F.I.N.S. Recreation Therapy is an after-school program for teens with "different abilities" for creative learning and social recreation. Contact staff if you know a child that would be qualified to join.

FITNESS PROGRAMS DESCRIPTIONS & INFO

Strength & Stamina: Cost: \$5 Instructor-Sunny 55min

An all-level friendly cardio class that also blends in strength training. All without the harsh impact.

Pilates: Instructor-Jodi 50min

Pilates is great for beginner to advanced levels, for building strong flexible bodies & preventing injuries. Rotating props are used each week, never the same routine!

Chair Yoga: Instructor-Jodi 20min

Reduce Stress, increase flexibility & mobility. Also builds lung capacity & lowers blood pressure, lessens arthritis pain... so many benefits. An ideal way to stretch the yoga way, without getting on a mat!

Cardio Dance: Instructor-Stephanie 45min

A fun, low impact style dance with great music to really get you moving and grooving.

Stretch & Tone: Instructor- Mattie 45min

Made for all levels, modifications given as needed. Total body conditioning & strengthening exercises.

Sit & Be Fit: Instructor-Jodi 45min

Designed for people with limited mobility, yet want flexibility & strength training. All exercises are performed seated in a chair. Wheelchair friendly.

Line Dancing: We host a variety of classes Beginner has instructors (\$5 fee), while the Advanced Linedancing has no instruction.

Walkie Talkies: An outdoor walking group that meets at the center, walking the outside McCorkle trail. Led by Recreation Leaders here are the FGM Center. Walk time is approx.. 1 hr. Weather Permitting.

Just Walk : Leader- Recreation Staff 45-55min

Get healthy & strong by simply Walking... **.INDOORS!** Based on a video series that will have you marching & moving around. Great for all levels. We offer ankle weights Stay cool and walk with us indoors!

Ball Pilates: Instructor: Jodi 45-50min.

Back for a limited time, just ONCE a month! Bring your own stability ball, we have the rest of the needed equipment! An active pilates class, including a lot of stretching & balance work.

Adult Dance: Instructor: Mrs..Cato 6 week session, \$65 Classes are approx.. 1 hr, 15min. Both Men & Women will enjoy this adult dance class of fun & fitness. Dance styles range from classic aerobics to salsa. Mrs. Catos welcomes drop-ins or observers interested in signing up!

Yoga 101: Instructor- Stephanie 45min

Build strength & flexibility. Lower stress & improve concentration with basic, intro Yoga. Feel free to bring your own mat and block. We have a small supply on hand.

ZUMBA: Instructor: Shannon & Caroline "Ski" Cost: \$5

All-levels Zumba classes to get you moving!

All fitness classes without \$ Cost listed are donation-based.

Fitness donations for equipment & waters help us serve you better!