

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30- Strength & Stamina 10:30- Bingo 1:00-3pm-Advanced Line Dance</p>	<p>4</p> <p>10:30- Walkie Talkies 11:30- Sewing Bees 6:30p-Girl Scouts</p>	<p>5</p> <p>8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club 5:30- Mixxed Fit 6:30- Zumba w/ Shannon</p>	<p>6</p> <p>9:05- Chair Yoga 9:30- Pilates 10:30-Adult Dance 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski</p>	<p>7</p> <p>9:30- Sit & Be Fit 10:00- Yoga Twistmas w/ Sarah (room B)</p>
<p>10</p> <p>8:30- Strength & Stamina 10:30- Bingo 1:00-3pm-Advanced Line Dance</p>	<p>11</p> <p>10:30-12:00- OPEN HOUSE Celebration!</p> <p>6:30p- Island Creek HOA</p>	<p>12</p> <p>8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club 2:30-5:00- F.I.N.S. 6:30- Zumba w/ Shannon</p>	<p>13</p> <p>9:05- Chair Yoga 9:30- Pilates 10:30-Adult Dance (room C) 11-2pm- Dept. Luncheon 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski</p>	<p>14</p> <p>9:30- Sit & Be Fit 6:00p-Parent's Night Out (see back for details)</p>
<p>17</p> <p>8:30- Strength & Stamina 10:30- Bingo 12:00- Covered Dish 1:00-3pm-Advanced Line Dance</p>	<p>18</p> <p>10:30- Walkie Talkies 11:30- Sewing Bees 6:30p-Girl Scouts</p>	<p>19</p> <p>8:30- Yoga 101 9:30- Cardio Dance 10:30-Art Club 2:30-5:00-F.I.N.S. 5:30- Mixxed Fit 6:30- Zumba w/ Shannon</p>	<p>20</p> <p>9:05- Chair Yoga 9:30- Pilates 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski</p>	<p>21</p> <p>9:30- Sit & Be Fit 11:00- Just Walk</p>
<p>24</p> <p>CLOSED Christmas Eve</p>	<p>25</p> <p>CLOSED Christmas Day</p>	<p>26</p> <p>10:30-Art Club 6:30- Zumba w/ Shannon</p>	<p>27</p> <p>9:05- Chair Yoga 9:30- Pilates 1:30- Beginner Line Dance 6:30p-Zumba w/ Ski</p>	<p>28</p> <p>9:30- Sit & Be Fit 11:00- Just Walk</p>
<p>31</p> <p>8:30- Strength & Stamina 10:30- Bingo 12:00p- NEW YEARS COUNTDOWN to 2019!! With punch & party favors!</p>	<p>December 2018</p> <p>Frank G Murray Community Center 125 Wilmington Island Road (912)898-3320</p> <p>like us on facebook </p>			

125Wilmington Island Rd. (912)898-3320

www.chathamcounty.org/CommunityCenters/FrankGMurray

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



Frank G Murray Community Center Wellness Programs Info

7th- **YOGA TWISTMAS** class w/ Sarah

10am (1 hr), \$5 An Annual Favorite is back! Keep stress and anxiety away with this rewarding & rejuvenating gentle yoga class, with Certified Yoga Instructor-Sarah! The class fee includes some after-class hot tea & cookies. Please call to reserve your spot, space is limited. 898-3320

11th- **OPEN HOUSE Celebration**

10:30am-12pm Come and see what the Community center has to offer at it's **NEW location!** Refreshments, special guests, door prizes, free demo class for Beginner Line Dance, register for a driver safety class, and browse the exhibit that showcases the diverse programs and activities.

14th- Parent's Night Out 6-9pm Crafts, learning, dinner & a movie for your little one(s). For more info & to register, go to www.LibraryInMotion.com

17th- **COVERED DISH 12pm Cost: \$1**

Let's enjoy a Festive Holiday lunch together! Bring a festive side dish to share. We will be serving the Ham & beverages.

31st- **NEW YEARS COUNTDOWN! 12pm**

Enjoy Punch & Party Favors as we bring in 2019 together!

Please Note we will be CLOSED Monday & Tuesday, DEC. 24 & 25th for the CHRISTMAS HOLIDAY



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.

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.

Hoola Hoops: 45min A fun discovery class with a video to help learn the technique!

Line Dancing: We host different levels of line dancing at the center. Beginner classes cost a small donation fee for the Instructor, while the Advanced group have no instruction.

Walkie Talkies: An outdoor walking class that meets at the center & walks along the sidewalk that is McCorkle Trail. Led by Recreation Leaders here are the FGM Center. Walk time is approx. 30-45min. Weather Permitting.

Just Walk: Hosted by staff on the projector screen 45-50min

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!

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

All-levels Zumba classes to get you moving!

Yoga 101: Instructor-Stephanie 45min

Build strength & flexibility. Lower stress & improve concentration with basic, intro Yoga.

Mixed Fit: Instructor: Beth 55 min Cost: \$5

A fun dance class playing popular music with a focus on toning & cardio.

Adult Dance—Instructor: Mrs. Cato 1hr Cost \$65/5 week session

Learn dance techniques from around the world, keeping your mind & body active thru creativity & movement.

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

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

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