



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:30- Strength & Stamina</p> <p>10:30- BINGO \$1 Thankyou Island Helping Hands!</p> <p>1:00-3pm-Advanced Line Dance</p>	<p>2</p> <p>9:30- Stretch & Tone</p> <p>11:30- Sewing Bees (B)</p> <p>1:00-5pm- Parent's Day Out Camp</p> <p>5:30p-8p- Line Dance Level 1 & 2</p>	<p>3</p> <p>9:30- Cardio Fit Dance</p> <p>10:30-Art Club (B)</p> <p>11:30- BodyGroove fitness-video</p>	<p>4</p> <p>CLOSED</p> <p></p>	<p>5</p> <p>9:30- Sit & Be Fit</p> <p>10:30- QiGong-video</p> <p>*QiGong for a healthy Liver</p>
<p>8</p> <p>8:30- Strength & Stamina</p> <p>10:30- BINGO \$1 Thankyou Underground Tours!</p> <p>1:00-3pm-Advanced Line Dance</p>	<p>9</p> <p>9:30- Stretch & Tone</p> <p>11:30- Sewing Bees (B)</p> <p>1:00-5pm- Parent's Day Out Camp</p> <p>5:30p-8p- Line Dance Level 1 & 2</p> <p>6:30p- Isl Creek HOA (B)</p>	<p>10</p> <p>9:30- Cardio Fit Dance</p> <p>10:30-Art Club (B)</p> <p>11:30- BodyGroove fitness-video</p>	<p>11</p> <p>10:30- 12:30-WaterColor Workshop (B) (see back for details)</p> <p>10:30- Adult Dance</p> <p>11:30- Crochet & Knitting (C)</p> <p>1:30- Beginner Line Dance</p> <p>No Zumba today</p>	<p>12</p> <p>9:30- Sit & Be Fit</p> <p>10:30- QiGong-video</p> <p>*QiGong for a healthy Spleen</p>
<p>15</p> <p>8:30- Strength & Stamina</p> <p>10:30- BINGO \$1</p> <p>1:00-3pm-Advanced Line Dance</p>	<p>16</p> <p>9:30- Stretch & Tone</p> <p>11:30- Sewing Bees (B)</p> <p>1:00-5pm- Parent's Day Out Camp</p> <p>5:30p-8p- Line Dance Level 1 & 2</p>	<p>17</p> <p>9:30- Cardio Fit Dance</p> <p>10:30-Art Club (B)</p> <p>11:30- BodyGroove fitness-video</p>	<p>18</p> <p>9:30-Free Breakfast! & Fall & Balance Class courtesy of CORA Physical Therapy (B)</p> <p>10:30- Adult Dance</p> <p>1:30- Beginner Line Dance</p> <p>5:30p-Zumba w/ Ski</p>	<p>19</p> <p>8:30- Free ZUMBA!! Community Class for all Ages ☺</p> <p>9:30- Sit & Be Fit</p> <p>10:30- QiGong-video</p> <p>*QiGong for a healthy Liver</p>
<p>22</p> <p>8:30- Strength & Stamina</p> <p>10:30- BINGO \$1</p> <p>12:00- Covered Dish & Sundaes by SeaCrest</p> <p>RSVP Bring A Side</p> <p>1:00-3pm-Advanced Line Dance</p>	<p>23</p> <p>9:30- Stretch & Tone</p> <p>11:30- Sewing Bees (B)</p> <p>1:00-5pm- Parent's Day Out Camp</p> <p>5:30p-8p- Line Dance Level 1 & 2</p>	<p>24</p> <p>9:30- Cardio Fit Dance</p> <p>10:30-Art Club (B)</p> <p>11:30- BodyGroove fitness-video</p>	<p>25</p> <p>10:30- Adult Dance</p> <p>11:30- Crochet & Knitting (C)</p> <p>1:30- Beginner Line Dance</p> <p>5:30p-Zumba w/ Ski</p>	<p>26</p> <p>9:30- Sit & Be Fit</p> <p>10:30- QiGong-video</p> <p>*QiGong for a healthy Spleen</p> <p>1:00p- Matinee Movie \$2 Playing "Grease" & serving Root Beer Floats!</p>
<p>29</p> <p>8:30- Strength & Stamina</p> <p>10:30- BINGO \$1</p> <p>1:00-3pm-Advanced Line Dance</p>	<p>30</p> <p>9:30- Stretch & Tone</p> <p>11:30- Sewing Bees (B)</p> <p>1:00-5pm- Parent's Day Out Camp</p> <p>5:30p-8p- Line Dance Level 1 & 2</p>	<p>31</p> <p>9:30- Cardio Fit Dance</p> <p>10:30-Art Club (B)</p> <p>11:30- BodyGroove fitness-video</p> <p>1:00pm- DIY SALT SCRUB sign up by 7/24</p>		

125 Wilmington Island Rd

(912)898-3320



<https://www.facebook.com/FrankGMurrayCommunityCenterOfWilmingtonIsland>

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



Special dates to remember...

****Tuesdays 6-8pm Line Dance Classes in the evenings!! \$5/person.**

JULY 2nd is a Celebration! Wear your RED WHITE & BLUE and an appetizer!

11th - Water Color Painting Workshop by Artistic Isle. 10:30-12:30pm \$25 ALL LEVEL instructor-led watercolor class, painting a loose floral postcard of GA! Each participant also takes home a paintbrush & starter set of paints. Sign up in advance or pay on the FaceBook event checkout link in description.

11th & 25th - Crochet & Knitting Club 11:30-1:30pm Cost: FREE Simply bring your supplies or project. All Ages & levels are invited to share & learn together.

22th - COVERED DISH LUNCHEON & SUNDAES 12pm Cost: \$2 Let's enjoy lunch together! July is a Red, White & Blue PICNIC theme. Bring a small SIDE DISH to share. We are serving hot dogs & iced tea. We will also be serving an amazing ice cream sundae bar, courtesy of SUNCREST Home Health. ☺ Must rsvp & prepay by 7/18

26st - MATINEE MOVIE- 1pm \$2 Includes Popcorn, candy, drink & seat cushions! Playing: "GREASE" & serving RootBeer Floats as we dance & sing along!

28th - DIY SALT SCRUB: 1pm \$5 Join us in making a delightful 4 ingredient scrub: 1) Pink Himalayan Sale 2) Epson Salt 3) Organic Almond Oil 4) Pure Essential Oil All supplies included. Sign up by 7/24

****PARENT'S DAY OUT Youth Camp!****

For Boys & Girls, ages 5-10. \$5 per child

Every Tuesday this month! 1-5pm

Health Programs Info

Strength & Stamina: Cost: \$5 Instructor-Sunny 55min A challenging strength-building and with modifications to suit all levels.

Pilates: Instructor-Jodi 55min 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 Fit: Cost \$2 Instructor- Mattie 55min

A fun, low impact style dance with great music to really get your heart rate elevated! All levels~

Stretch & Tone: Cost \$2 Instructor- Mattie 55min Made for all levels, modifications given as needed. Total body conditioning & strengthening exercises.

Sit & Be Fit: Instructor-Jodi / Stephanie 45min

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

YO-QI- QiGong: - Video w/ Recreation Staff 40min An ancient holistic practice, involving fluid movement with visualization & meditation, based on Chinese philosophy.

Adult Dance: Instructor: Mrs..Cato 75min / 4 week session, \$40. A dance fitness class for both men & women, if you have always wanted to dance, then this is the class for you! Jazz, folk, social dance routines and ending stretches.

Yoga 101: Instructor- Stephanie 45min 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: COST \$ 5 Instructor: Caroline "Ski" Punch Cards available for a discount!

Beginner Line Dancing: Instructors BONNIE & CLAUDIA teach the basics every Thursday 1:30-3:30pm.

** All fitness classes without \$ Cost listed are donation-based at this time.