

**Sharonville Community Center
Sampler Week
August 30 - September 3, 2010**

Monday, August 30, 2010

8:30-9:30am	Craft Like You Mean It	50 yrs. +	Craft Room
8:45-9:30am	Resisting Muscle Loss	50 yrs. +	Multi Purpose Room
9:30-10:15am	Ballet	4-5 yrs.	Aerobics Room
10:15-10:45am	Ballet	3 yrs.	Aerobics Room
10:45-11:15am	Mommy & Me Ballet	2-4 yrs.	Aerobics Room
5:45-6:45pm	Total Body Workout	16 yrs.+	Aerobics Room
6:00-8:00pm	Dodgeball	All Ages	Gymnasiums
6:15-8:00pm	Karate	7 yrs. & over	Multi Purpose Room
6:30-8:00pm	Yoga	18 yrs.& over	Meeting Room
6:45-7:30pm	Boot Camp	18 yrs. & over	Aerobics Room

Tuesday, August 31, 2010

10:00-11:00am	Bingo	50 yrs. +	Meeting Room
11:15am-12:00n	SIT	55 yrs. +	Aerobics Room
4:30-5:00pm	Ballet	3 yrs.	Aerobics Room
5:00-5:45pm	Ballet	4-5 yrs.	Aerobics Room
6:00-8:00pm	Kickball	Families	Gower Park

Wednesday, September 1, 2010

8:45-9:30am	Resisting Muscle Loss	50 yrs. +	Multi Purpose Room
11:15-11:45am	Sports of All Sorts	3 yrs.	Gymnasiums
2:00-2:45pm	Sports All Sorts	4-5 yrs.	Gymnasiums
4:00-5:00pm	Teen Drop In	11-15 yrs.	Craft Room
5:00-6:00pm	Cardio Interval Training	16 yrs. & over	Aerobics room
6:00-8:00pm	Basketball	All Ages	Gymnasiums
6:15-8:00pm	Karate	7 yrs. & over	Multi Purpose Room
7:00-8:30pm	Ladies Craft Night	Adults	Craft Room
7:15-8:00pm	Mat Pilates	13 yrs.& over	Aerobics Room

Thursday, September 2, 2010

9:30-10:00am	Lil' Yoga & Me	3-5yrs w/adult	Aerobics Room
10:00am-12:00n	Crazy for Cornhole	50 yrs. +	Multi Purpose Room
10:00am-12:00n	Games People Play	50 yrs. +	Multi Purpose Room
10:00am-12:00n	Wii	50 yrs. +	Meeting Room
1:00-2:00pm	Creative/Express Singing	50 yrs. +	Adult Gathering
5:30-6:30pm	Zumba	12 yrs. & over	Aerobics Room
6:00-8:00pm	Volleyball	9yrs & over	Gymnasiums

Friday, September 3, 2010

9:30-10:30am	Fit Fridays	16 yrs. & over	Aerobics Room
4:00-4:45pm	Dance Mix	5 + yrs.	Aerobics Room
4:45-5:45pm	Ballet	6 yrs. & over	Aerobics Room
6:00-8:00pm	Flag Football	18 yrs.& over	Gower Park
7:00-8:30pm	Mad Cap Puppet Show	All ages	Multi Purpose Room

Saturday, September 4, 2010

9:00-9:45am	Mat Pilates	13 yrs. & over	Aerobics Room
-------------	-------------	----------------	---------------

***Schedule Subject to Change**