



# AURORA HILLS 55+ SENIOR CENTER

735 S. 18<sup>th</sup> Street  
Arlington, Virginia 22202  
703-228-5722

## JULY 2018

### Registration Fees:

55+ Arlington Residents: \$20/\$60\* Household \$30/\$90\*  
Non-Arlington Resident: \$45/\$90\* Household \$65/\$135\*  
\*55+ GOLD Pass also provides access to all fitness equipment.

You must be registered and have a current "55+ Pass" to be able to participate in our programs and classes. Registration also accepted online (enter search term 55+ Pass).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Class Registration</b> 2	3	4	5	6
*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR 2-3 Tai Chi Practice MR	*9:30-10:30 Cardio Tone MR Exercise	<b>FOURTH OF JULY HOLIDAY (Center Closed)</b>	*11-12 Cardio Tone MR Exercise	10:30-noon Line Dancing MR
9	10	11	12	13
Yoga Break 10-12:30 Yarn Crafters MR <b>11:30-1 Advisory Comm. TR</b> <b>1:30-3 Legal Discharge TR</b> Rights 2-3 Tai Chi Practice MR	*9:30-10:30 Cardio Tone MR Exercise	Yoga Break *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>1:30-2:30 Book Discussion: The Underground Railroad TR</b>	*11-12 Cardio Tone MR Exercise	10:30-noon Line Dancing MR
16	17	18	19	20
*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR <b>12:15-1:30 Book Club KIT</b> <b>*2-3 Feldenkrais TR</b> 2-3 Tai Chi Practice MR	*9:30-10:30 Cardio Tone MR Exercise	*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT <b>10-12:15 Mac, iPhone, iPad RA</b> <b>11:30-12:30 Comedy Club TR</b> <b>1-2:30 Rock Music Legends MR</b>	*11-12 Cardio Tone MR Exercise	10:30-noon Line Dancing MR <b>12:30-1:30pm 50+ Employment Services [NEW DATE!] TR</b>
23	24	25	26	27
*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR <b>*2-3 Feldenkrais TR</b> 2-3 Tai Chi Practice MR	*9:30-10:30 Cardio Tone MR Exercise	*10-11 Gentle Hatha Yoga TR *10-1:30 Duplicate Bridge MR 10-1:30 Foursome Bridge KIT	*11-12 Cardio Tone MR Exercise	8-9:30 Fast Forwards Walking OS 10:30-noon Line Dancing MR <b>12:30-2:30 CinemaTalk – Movie and Discussion: Truth (R) TR</b>
30	31	<b>INCLEMENT WEATHER CLOSINGS</b>  <b>HOTLINE 703-228-4715</b>		
*10-11 Gentle Hatha Yoga TR 10-12:30 Yarn Crafters MR <b>*2-3 Feldenkrais TR</b> 2-3 Tai Chi Practice MR	*9:30-10:30 Cardio Tone MR Exercise	<b>TR = Training Room</b> <b>KIT = Kitchen</b> <b>MR = Main Room</b> <b>OS = Outside</b> <b>RA = Reception Area * = PROGRAM HAS FEE</b>		

