

Classes for Adults of ALL Ages

Nassau County Council on Aging 1901 Island Walk Way, Fernandina Beach, FL 32034 • 904-261-0701

March 2025

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
W E E K L Y	8:30 Pelvic Floor & Core 9:00 Chair Yoga w/Tina 10:00 Enerchi 10:00 Ukulele- Open Play 10:30 Beginning Ballet (except 3/3) 11:30 Cardio Pump 11:30 Standing Yoga 12:45 Tap Dancing 1:30 Intermediate Conversational Spanish 2:00 All About Fishing (except 3/31) 3:00 Rummikub 3:15 Tai Chi: The 13 Original Forms	8:15 Standing Core 8:30 Resistance Training - Advanced 9:30 Floor Yoga Stretch 10:00 Crocheting Circle - All Levels* 10:00 Stability Exercises 10:45 Standing Pilates 11:15 Belly Dancing (except 3/4) 12:00 Chair Aerobics 1:00 Line Dancing - Basic 1:00 Yoga Flow 1:00 Zumba Gold 2:00 Line Dancing - Intermediate	8:30 Stretch & Balance - Advanced 9:00 Tighten and Tone 9:30 Party Bridge 9:45 Weight Training & Toning 10:00 Aerobic Exercise 11:00 Pilates 11:30 Enerchi 1:00 Cribbage - All Levels 1:00 Line Dancing - Basic 1:30 Basic Conversational Spanish 2:00 Line Dancing - Intermediate 3:00 Tai Chi: The 13 Original Forms 3:45 String Ensemble - All Levels	8:15 Advanced Chair Yoga Stretch 8:30 Mat & Core Class - Advanced 9:30 Qigong Healing - Beginners 9:45 Hoop & Holler 10:00 Sign Language Series 10:30 Just Dance 10:30 Qigong Healing Advanced 12:00 Dancing Queens 1:00 Casual Knitting - Beginners Welcome* 1:00 Tapping Meditation - Tapping Café 1:30 Zumba Gold 2:30 Creating with Shells	8:30 Zumba Gold: Weight Training & Toning 9:00 Chair Yoga w/Tina 9:30 Canasta Hand Knee Foot - Open Play & Instruction 9:45 Zumba Step Up 10:00 Aerobic Exercise 11:00 Pilates 11:00 Support Group: NAMI * 11:30 Total Body Workout 12:30 Bridge Open Play - All Levels 12:30 Mahjong w/Current Mahjong Card 1:00 Posture & Balance 2:00 Painting	W E E K L Y
A D D I T I O N A L C L A S S E S	~Weekly Only/No Additional~ 3	4 9:30 Apple iPhone/iPad 12:00 Support Group: Hearing Loss 3:00 <u>Great Decisions:</u> <u>The Future of NATO</u>	5 9:30 Apple iPhone/iPad 5:30 Reading Between the Lines: Book Club*	6 9:30 Apple iPhone/iPad 10:00 Financial Wellness Topics	~Weekly Only/No Additional~ 7	A D D I T I O N A L C L A S S E S
	10 5:30 Grief Support Group: Grieving with Hope*	11 2:00 Honoring Choices* 3:00 <u>Great Decisions:</u> <u>American Foreign Policy at a Crossroads</u>	12 1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*	13 ~Weekly Only/No Additional~	14 2:30 Senior Self Defense	
	17 3:30 Successful Caregiver*	18 ~Weekly Only/No Additional~	19 ~Weekly Only/No Additional~	20 4:00 Hot Topic Discussions w/Mayor Antun	21 2:30 Senior Self Defense	
	24 5:30 Grief Support Group: Grieving with Hope*	25 ~Weekly Only/No Additional~	26 11:00 Support Group: Low Vision* 1:30 Caregiver Stressbuster Forum* 3:30 Support Group: Caregivers*	27 ~Weekly Only/No Additional~	28 ~Weekly Only/No Additional~	
	31 9:30 Apple iPhone/iPad		All activities subject to change		All activities subject to change	

If you are already in our class database, you may book your spot in a class on www.myactivecenter.com

Classes marked with * are free to attend; otherwise, \$5 per class, unless a member—\$125 ind, \$195 couple