



# May 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed <i>May Day</i> 	2 Open 6-10a 4-8p 3p Guitar 6p Beginning Line Dance 7p Advanced	3 Open 6-10a 4-8p 11a Bunko 3p Guitar Lessons 5:30-6:30p Aerobics 6:30p Kempo	4 Open 6-10a 10a Senior Walk	5 Open 6-10a 4-8p 3p Guitar Lessons	6 Open 6-10a 10a Senior Walk 5:30p Tia Chi 6:30p Kempo	7 Open 7-10a 7am Men of Beech
8 Closed <i>Mother's Day</i> 	9 Open 6-10a 4-8p 3p Guitar 6p Beginning Line Dance 7p Advanced	10 Open 6-10a 4-8p 3p Guitar Lessons 5:30-6:30p Aerobics 6:30p Kempo	11 Open 6-10a 10a Senior Walk	12 Open 6-10a 4-8p 3p Guitar Lessons	13 Open 6-10a 10a Senior Walk 5:30p Tia Chi 6:30p Kempo	14 Open 7-10a
15 Closed	16 Open 6-10a 4-8p 3p Guitar 6p Beginning Line Dance 7p Advanced	17 Open 6-10a 4-8p 3p Guitar Lessons 5:30-6:30p Aerobics 6:30p Kempo	18 Open 6-10a 10a Senior Walk	19 Open 6-10a 4-8p 3p Guitar Lessons	20 Open 6-10a 10a Senior Walk 5:30p Tia Chi 6:30p Kempo	21 Open 7-10a
22 Closed	23 Open 6-10a 4-8p 3p Guitar 6p Beginning Line Dance 7p Advanced	24 Open 6-10a 4-8p 3p Guitar Lessons 5:30-6:30p Aerobics 6:30p Kempo	25 Open 6-10a 10a Senior Walk	26 Open 6-10a 4-8p 3p Guitar Lessons	27 Open 6-10a 10a Senior Walk 5:30p Tia Chi 6:30p Kempo	28 Open 7-10a
29 Closed	30 Closed <i>Memorial Day</i> 	31 Open 6-10a 4-8p 3p Guitar Lessons 5:30-6:30p Aerobics 6:30p Kempo	<p>The Silver Saints will be taking a Day Trip this month for lunch and a play. Watch for more information!</p> 			

## Walk for Health

**The indoor Walking Track is open for walkers anytime the CLC is open. One mile outdoor walking area available daily.** Supporters pay a suggested minimum donation of \$25 per year per person. You must be a supporter to use the track or be a paying guest. Guests are charged \$2 per visit and must check in at the desk. Children under 16 are not allowed on the track unless approved by the CLC staff.

### Music Lessons

**Guitar**-Classes are taught by Ryan Stubbs an accomplished musician and graduate of Belmont Univ. Classes are designed for a wide range of ages and musical interests. Call Ryan directly for further details. 419-371-4558

### Dance Class

#### Line Dance Mondays 6pm & 7pm

Jamie Marshall, 6-time World Line Dance Super Star Champion, offers two classes on Mondays. These fun activities keep you in shape, while learning some of today's hottest dances, all types of music is used. You will be surprised at the "distance" you go! Beginners and new dancers are invited to attend the 6:00 pm classes. Beginner classes are \$5 per one-hour class or \$18 for the month when paid in advance. The 7:00 classes offer more of a challenge to the experienced dancer. These classes are one and a half hours at only \$6 per class or \$20 for the month when paid in advance. If interested in attending both classes, the cost is \$7 per night or \$24 per month. Make plans to dance the entire month and save! Each week will consist of learning a new dance in addition to reviewing previous classes. No partner needed! Bring a friend and join the fun.

### Quilting

#### Quilting Wednesdays Noon-3pm

Open for beginners and experienced quilters alike. Instruction will be given in all aspects of quilt design, piecing and quilting. Bring thimble, scissors and a needle. Free

### Exercise Programs

- **Aerobics Tuesday 5:30pm**

Cost is \$40 for per week for entire eight week session. \$7 drop in rate. Classes are one hour of cardio praise dance/aerobics. No equipment required. Average calories burned per class are 650! [www.devotedfitness.com](http://www.devotedfitness.com) for more info

- **Martial Arts- Kempo Tuesday & Friday 6:30pm**

Call for description of classes and costs. Instructor: Bob Pruitt 636-2630

- **Senior Walk Wednesday & Friday 10am**

A one hour exercise class which utilizes a DVD with a 50 minute walking program. Join others in walking to good health! Free

- **Tai Chi Friday 5:45p**

Tia Chi is a series of slow progressive moves done while standing that stretches and strengthens the body. Good for old and young alike Tai Chi is done at each individual's own pace making it a perfect beginning exercise. CLC supporters \$5, non-supporters \$6 First class is Free. 1 hour class. Instructor: Bob Pruitt. Call to register 636-2630

**Beech CLC is open to everyone with a suggested minimum donation of only \$25 per year per person. Ask the staff for an application.**

## Beech Christian Life Center

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Check us out on Face Book @ Beech Christian Life Center  
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