

OWINGS LIFE ENRICHMENT CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-12:00p Pickleball	6:30-7:30a Rise & Shine Bootcamp Judy O	8:00-12:00p Pickleball	6:30-7:30a Rise & Shine Bootcamp Judy O	8:00-12:00p Pickleball	
		8:30-9:30 Yoga Cheryl P Group Ex 2		8:30-9:30 Yoga Cheryl P	
8:00-9:00a Beginner Bootcamp Judy O Group Ex1				8:00-9:00a Cardio Sculpt Judy O Group Ex1	
9:00-10:00a Strength/ Conditioning Bootcamp Todd H		10:10-11:10a Yoga with Dr. Bob Hughes			9:00-10:00a Tighten/Tone 10/26 to 11/23
10:00-11:00a Super Senior Judy P Group Ex2	10:00-11:00a Walk Fit Judy P Group Ex1	10:30-11:30 Tai Chi Michael Oasis Room	10:00-11:00a Walk Fit Judy P Group Ex1	10:00-11:00a Super Senior Combo Judy P Group Ex2	10:00-11:00 Tai Chi Michael Group 1 Ex
2:15-3:15 Yoga Cheryl P Group 2		2:00-3:00p Vinyasa Yoga Al W Group Ex2			
3:30-4:30p Gentle Yoga Al W Group Ex1		3:30-4:30p Gentle Yoga Al W Group Ex1			
4:45-5:45p Core & More Judy O Group Ex1	5:00-6:00p Vinyasa Yoga Al W Group Ex2		4:45-5:45p Core & More Judy O Group EX2		
5:00-6:00p Spin & Strength Todd H					
		6:00-7:00 Zumba Chandler Seaton Group EX1			



OWINGS LIFE ENRICHMENT CENTER

2323 West Street, Germantown, TN 38138

901-753-3100

OLEC HOURS: Mon-Thurs 6:30a-8:00p, Fri 6:30a-5:00p, Sat 8:00a-12:00p

Nursery Hours: Mon-Fri 9:00a-12:00p *

Class Payment Options:

All Classes \$5.00 - Unless Listed Below

Strength and Conditioning Boot Camp

\$10 per class

Spin and Strength

\$10/class; reservation required/Call Todd 901-488-2845

Yoga with Dr. Bob Hughes

Call 901-682-0855 for pricing

Pickleball

\$5/session

Gentle Yoga/Vinyasa Yoga

Call Al Walton at 901-484-3730 prior to first class

Personal Training: Call one of our Personal Trainers directly to set up your first appointment

Todd Hinton: 901-488-2845

Judy Oros: 901-336-8639

Cheryl Pettit: 901-674-1620

* Contact Kiki Gabb, Nursery Coordinator at 901-753-3100 for Nursery Pricing