



Jane E. Lawton Community Center

ACTIVE ADULTS SPRING 2020 EVENTS

NEW! Coming Soon Spring Museum Mini Trip for 55+ Active Adult Members (LIMITED SEATING) — Coming in April Senior Shape Muscle Conditioning Chair Class —April 7—June 30 — 11:00—11:45 am \$40.00. Register online: events.suburbanhospital.org or call (301) 896-3939

TaijiFit— A serene workout of continuous movements that gently work the body systems. Based on traditional Tai Chi movements, TaijiFit builds confidence and comfort. Registration through Suburban Hospital. **Two new spring sessions.** — March 3—April 7—10:00 am—10:45am & April 21—May 26—\$60— Register online: events.suburbanhospital.org

55+ Bone Builders — Tues & Thurs—9:15 am—10:15am - Register now for spring—participants will learn how to strengthen and increase bone density for better health. Register online: activemontgomery.org

Bone Builder+ An advanced bone builder fitness class to strengthen all muscle groups: Mondays & Wednesdays - 10:00 am—11:00am & 11:30 am—12:30pm—register online— activemontgomery.org

- ♦ **Senior Shape** — Weight Training classes designed to increase muscular strength — Tuesdays & Fridays 12:15 — Register at events.suburbanhospital.org
- ♦ **Easy Yoga**— 9:30 am—10:45 am Thursdays, starts 1/16. Yoga for Seniors helps maintain muscle mobility and flexibility. Promotes mindfulness and alertness. Register online: activemontgomery.org
- ♦ **Hatha Yoga**—9:45am—11:00am—starts 1/17 — register online activemontgomery.org (ongoing)
- ♦ **AARP Wellness Events**— Thursdays (11 am) Walk-in Exercise and Fitness Classes—**NOTE:** Customers must have Medicare Supplemental Plan through Medicare and Insured by United Healthcare Insurance Company
- ♦ **PickleBall** *(Indoor courts available Monday, Tuesday, Thursday and Friday)! Lawton has an Indoor court. Must have valid Adult Open Gym membership. Please purchase at the Center's front desk.
- ♦ **Exercise Room:** Daily access to various cardio and weight training exercise equipment. (Weight Room Membership required)



55+ Active Adult Program

Coordinator:
Barbara Hulin

Center Director:
Jordan Henson

Assistant Director:
Sharon Pitt

Address:
4301 Willow Lane
Chevy Chase, MD
20815

Phone:
240-777-6922
Hablamos Español

Center Hours:
Monday-Thursday
9:30 AM– 9 PM
Friday-Saturday
9:30 AM-5 PM
Sunday
1:00-5:00 PM