

Ladies Evening Low Impact Aerobics

Low impact aerobics combined with toning exercises designed for women of all ages.

Ages: 16 & over

Location: Jaycee Park Auditorium

Days, Times, Dates: **Monday, Tuesday & Thursdays, 5:30– 6:30 pm, Two Month sessions begin; March - April, May - June, July - August**

Fee: \$20 Greenville Residents, \$40 Non-Residents for two-month session.

Registration Info: Call 329-4567

Senior Women's Aerobics

General routine exercise for senior ladies with low impact aerobics and toning exercises.

Ages: 50 & over

Location: Jaycee Park Auditorium

Days, Times & Dates: **Monday, Wednesday, & Friday, Classes 9 am & 10 am. Two-month sessions; March - April, May - June, July - August**

Fee: \$20 Greenville Residents, \$40 Non-Residents.

Registration Info: Call 329-4567

Men's Exercise - Basketball

Cross-court basketball, teams are chosen at random. Games are fourteen minutes long.

Ages: 21 & up

Location: Elm Street Gym

Dates: **April 2 -June 30, July 2- September 24 (12 weeks)**

Days & Times: **Monday, Wednesday & Friday, 5:30-7 pm**

Fee: \$30 Greenville Residents, \$60 Non-residents

Registration info: Register during first week of each session. Call 329-4650.

Men's Exercise - Basketball

Cross-court basketball, teams are chosen at random. Games are fourteen minutes long.

Ages: 30 & up

Location: Elm Street Gym

Dates: **April 3 –July 1, July 3 -September 25 (12 weeks)**

Days & Times: **Tuesday & Thursday, 5:30-7 pm**

Fee: \$25 Greenville Residents, \$50 Non-residents

Registration info: Register during first week of each session. Call 329-4650

Arthritis Foundation Aquatic Program

Certified personnel lead participants through a series of specially designed exercises, which with the aid of the water's buoyancy and resistance, can help improve joint flexibility. The water and gentle movements can also help to relieve pain and stiffness.

Location: Aquatics and Fitness Center

Days, Times, Dates: **Class A is Monday, Wednesday, Friday 10:30-11:30 am or Class B is Tuesday & Thursday 10:30-11:30 am.**

Session 2 A: March 10-April 18, B: March 11-April 17

Session 3 A: April 28-June 6, B: April 29-June 5

Session 4 A: June 16-July 25, B: June 17-July 24

Fee: \$30 for class B for Aquatics & Fitness center non-members, free for members. \$40 for class A for Aquatics & Fitness center non-member, free for members.

Registration Info: Registration is ongoing. Call 329-4041 to register.

Lawn Games Sports

Learn shuffleboard, horseshoes, and bocce.

Ages: 55 & up

Location: Elm Street Park

Days, Times, Dates: **Year round, Tuesday & Thursday, 9am-11am**

Fee: Free

Registration Info: On-going at site

Gone Fishing

Come enjoy a day at River Park North (Mumford Road). You can fish or walk on a nature trail. Bring your own pole or borrow one of ours. Bait and lunch provided.

Ages: 55 & up

Location: River Park North (Mumford Road)

Days, Times, Dates: **Wednesdays, 10 am - 1 pm: April 4, May 2, June 6, July 11, August 1**

Fee: \$3 Greenville Residents, \$6 Non-residents

Chair Aerobics

Chair and standing exercise. General emphasis is on flexibility, balance, and toning.

Ages: 55 & up

Location: Aquatics & Fitness Center

Days, Times, Dates: **Class A is Monday & Wednesday 9:30-10:15 am or Class B is Tuesdays and Thursdays, 10:30-11:15 am**

Session 1: Class A- April 2-May 9, Class B- April 3-May 10

Session 2: Class A- May 21- June 27, Class B- May 22- June 28

Session 3: Class A- July 9- August 15, Class B- July 10- August 16

Fee: \$40

Registration Info: On-going; call 329-4041 for information

Pirate Alumni Road Race, 5K & 1 mi.

April 12, 2008

Info: Elizabeth Ellerbee (252)328-5557

Hamstring Hustle 5,000 Meters

April 13, 2008

Info: carharttw@ecu.edu

WALK MS

When: **April 19, 2008**

Where: ECU Stadium Complex, Greenville, NC

Food: Lunch will be provided for all participants and volunteers

Entertainment: Live band!

Routes: 1 and 5 mile (fully supported with rest stops and emergency vehicles)

Registration Info: <http://walknct.nationalmssociety.org>