



CLASS KEY

- Adult Sing-a-long (Disney!) = AS
- Basic Workout = BW
- Cardio Conditioning¹ - CC
- Cardio Dance = CD
- Basic Cooking & Nutrition = C1
- Basic Drawing = D1
- Intermediate Cooking = C2²
- Intermediate Drawing³ = D2
- Gentle Yoga = GY
- Independent Living = IL
- Work Readiness = WR

¹ Basic Workout is a pre-requisite
² Basic Cooking is a pre-requisite
³ Basic Drawing is a pre-requisite

For class fees and link to register visit arctriangle.org/arcuniversity

All classes held via Zoom.
It is our hope to offer these classes in person when it is safe for us to be together!



For more information call **919-942-5119**

January

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 GY 4p	19	20 AS 11a BW 4p	21 D2 1p	22 C2 10a	23
24	25 IL 2p GY 4p	26	27 AS 11a BW 4p	28 D2 1p CD 3p	29 C2 10a	30

February

S	M	T	W	T	F	S
31	1 IL 2p GY 4p	2 C1 10a	3 AS 11a BW 4p	4 D2 1p CD 3p	5 C2 10a	6
7	8 IL 2p GY 4p	9 C1 10a	10 AS 11a BW 4p	11 D1 11a D2 1p CD 3p	12 C2 10a	13
14	15 IL 2p GY 4p	16 C1 10a WR 3p	17 AS 11a BW 4p	18 D1 11a D2 1p CD 3p	19 C2 10a	20
21	22 IL 2p	23 C1 10a WR 3p	24	25 D1 11a CD 3p	26 C2 10a	27
28						

March

S	M	T	W	T	F	S
	1 IL 2p	2 C1 10a WR 3p	3	4 D1 11am	5	6
7	8 IL 2p	9 C1 10a WR 3p	10 CC 4p	11 D1 11am	12	13
14	15 IL 2p GY 4p	16 C1 10a WR 3p	17 CC 4p	18	19	20
21	22 GY 4p	23 C1 10a	24 CC 4p	25	26	27
28	29 GY 4p*	30	31 CC 4p**		*GY April 5 & 12	**CC April 7