

Seven Oaks Community Center Amenities

Activities:

Activities Committee
 Art Studio
 Balance & Stability
 Book Discussion
 Brain Healthy Living
 Bridge
 Bunco
 Card Making Class
 Cards and Games
 Ceramics
 Chair – Yoga
 Core Strength
 Cornhole
 Dance
 Emergency - Radio Team
 Fitness Center
 Garden Club
 Hand and Foots Cards
 Healthy Brain Classes
 HERB(Hiking)
 Jazz It Up
 Karaoke
 Lapidary/Jewelry/Beading
 Library
 Line Dancing
 Mexican Train
 Needle Arts
 Pickleball
 Ping Pong & Billiards
 Pinochle
 Pooch Pals Dog Club
 Rummikub
 Shuffleboard
 Spanish Classes
 Square Dance Groups
 Tai Chi Class - Yang Style 24
 Water Aerobics
 Woodshop
 Yoga

Fitness Center:

Room 3

Activities Committee
 Treadmills (2)
 Elliptical Trainer
 Recumbent Bike
 Stair Stepper
 Weight Bench
 Free Weights (2# - 50#)
 Kettle Bells
 Medicine Ball
 Exercise Mat
 Exercise Ball
 Multi Gym, Single weight stack

Room 4

Treadmill (1)
 Elliptical Trainer
 Upright Bike
 Stretching Bike
 Weight Bench
 Free Weights (2# - 8#)
 Foam Rollers
 Exercise Bands
 Exercise Mat
 Vibrating Platform
 Multi Gym, Double weight stack

Amenities:

Clubhouse
 Heated Swimming Pool
 Spa
 Fitness Center
 Pickleball Courts
 Picnic Area
 Library
 Shuffleboard Courts
 Auditorium
 Various Meeting Rooms
 Green Spaces
 Gardens
 30 Separate Clubs
 Billiards & Ping Pong Room
 Courtyards
 Walking Paths
 Woodshop
 Card Rooms
 Art Studio