

# WEEKLY ACTIVITY SCHEDULE

## MONDAY

9:30am Cardio Low Impact  
10:30am Fit For life  
10:00am ASL Sign Language Class)  
10:00am Beginner Line Dance

11:00 Basic/Intermediate Line Dancing  
11:30am Lunch  
12:00pm Bingo \$

## TUESDAY

10:00am Geri Fit  
11:00am Aerobics/Dance  
11:30am Lunch

## WEDNESDAY

9:30am Cardio Low Impact  
10:00am Beginner Line Dancing  
10:30am Fit For Life

11:00am Intermediate Line Dancing  
11:30am Lunch

## THURSDAY

10:00am Geri Fit  
11:00am Aerobics/Dance  
11:00am Chair Yoga/Zoom Z

11:30am Lunch  
12:00pm Yoga  
12:30pm Water Color Art Class

## FRIDAY

9:30am Pilates  
10:30am Tabata  
11:30am Zumba

11:30pm Lunch  
12:00pm Bingo \$

## Center Hours:

Monday-Friday

8:00am-4:00pm

*Closed Saturday & Sunday*

## Symbol Legend:

\$ = Fee Associated

**R** = Advanced  
Registration  
Required

**N** = New  
Program/Time

**Z** = Zoom +  
In-Person

*Schedule Subject to Change*