

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:30am Cardio Low Impact
10:30am Fit For life Exercise
10:00am Beginner Line Dance

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

TUESDAY

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

10:00 Mat Yoga
11:00 Chair Yoga^Z

WEDNESDAY

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

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

THURSDAY

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

11:30am Lunch
1:00pm Art Class-All Medias

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