

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:15am Geri-Fit
11:30am Lunch
1:00pm Mah Jongg

1:30pm Cardio Dance
3:00pm Parkinson's Ex \$

TUESDAY

8:30am Classic Mat Pilates
9:00am TRX
9:30am Intensity Training
10:00am Acrylic Painting

10:30am Bible Study Z
10:30am Leland Larks
11:30am Lunch
12:30pm Sleep Mats

12:30 Pinochle
2:00 Cardio Drumming

WEDNESDAY

9:15am Geri-Fit
10:00am Crafts
10:30am Line Dance (Int)

11:30am Lunch
12:30pm Acrylic Painting
1:00pm Hand & Foot

2:00pm Yoga Stretch \$

THURSDAY

9:30am Circuit Training
10:00am Bingo (50¢/card) \$
10:30am Tai Chi for Arthritis & Fall Prevention

11:30am Lunch

12:30pm Pinochle
1:00pm Painting
1:30pm Cardio Dance

FRIDAY

9:15am Crazy Core \$
10:30am Line Dancing (Beg)

11:30am Lunch

12:30pm Tech Topics
2:00pm Chair Yoga \$

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