

WEEKLY ACTIVITY SCHEDULE

MONDAY

9:15am Geri-Fit
10:30am Tai Chi Part II **N**
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
12:30pm Pinochle
2:00pm Cardio Drumming

WEDNESDAY

9:15am Geri-Fit
10:00am Crafts
10:30am Line Dancing (Int)
11:30am Lunch
12:30pm Acrylic Painting
1:00pm Hand & Foot
1:30pm Quilting Class **N**
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
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