

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 1:00-3:00 CASH BINGO\$
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 10:00am Mat Yoga 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