

WEEKLY ACTIVITY SCHEDULE

<p>MONDAY</p>	<p>9:30am Cardio Low Impact 10:30am Fit For life Exercise 10:00am Beginner Line Dance</p>	<p>11:00 Basic/Intermediate Line Dancing 11:30am Lunch 12:00 Bingo\$</p>
<p>TUESDAY</p>	<p>10:00am Geri Fit 11:00am Aerobics/Dance 11:30am Lunch</p>	<p>1:00-3:00 CASH BINGO\$</p>
<p>WEDNESDAY</p>	<p>9:30am Cardio Low Impact 10:00am Beginner Line Dancing 10:30am Fit For Life Exercise</p>	<p>11:00am Intermediate Line Dancing 11:30am Lunch</p>
<p>THURSDAY</p>	<p>10:00am Geri Fit 10:00am Mat Yoga 11:00 Chair Yoga</p>	<p>11:00 Aerobics/Dance 11:30am Lunch 1:00pm Art Class-All Medias</p>
<p>FRIDAY</p>	<p>9:30am Pilates 10:30am Tabata 11:30am Zumba</p>	<p>11:30pm Lunch 12:00pm Bingo \$</p>

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