

WEEKLY ACTIVITY SCHEDULE

MONDAY

8:15am Core, Floor & More
 9:00am 20/20/20
 11:45am Lunch

12:30pm Craft R^ \$1
 12:30pm Mah Jongg
 1:30pm Tai Chi Group

6:00pm Basic L. Dancing R\$

TUESDAY

9:00am Zumba GOLD
 9:00am Canasta
 10:15am Strength & Tone

10:45am Chair Yoga *
 11:45am Lunch
 12:30pm Hooks & Needles

1:00pm Geri-Fit

WEDNESDAY

7:45am Tai Chi Group
 9:00am 20/20/20
 9:30am Mexican Train

10:30am Int. Dulcimer
 11:45am Lunch
 12:30pm Mah-Jongg

12:30pm Hand & Foot

THURSDAY

8:45am Strength & Tone
 9:00am Card Games
 10:00am Gentle Yoga

10:00am Trivia with Jeff
 11:45am Lunch
 12:30pm Mah-Jongg

1:00pm Geri-Fit
 6:00pm Beg. Line Dancing
 7:00pm Int. Line Dancing

FRIDAY

9:00am Zumba Gold \$5
 10:00am Boxing & Music
 11:45am Lunch

12:30pm Cribbage
 1:00pm Beg. II Line Dance
 2:00pm Int. Line Dance

Center Hours:

Monday-Friday

7:00am-3:00pm

Closed Saturday & Sunday

Symbol Legend:

\$ = Fee Associated

R = Advanced
 Registration
 Required

- *Off Site

N = New
 Program/Time

Z = Zoom +
 In-Person

Schedule Subject to Change