

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 – 10:30 Senior Olympics Pickleball Practice 11:00 BODY SCULPTING 1:30 PICKLEBALL	4 8:30 – 12:15 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 - 4:15 PICKLEBALL	5 8:30 – 10:00 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:30 – 1:15 INDOOR WALKING 1:30 PICKLEBALL	6 11:30 CHAIR YOGA 12:30 – 1:15 INDOOR WALKING 1:30 PICKLEBALL	7 8:30-9:45 INDOOR WALKING 11:15 PICKLEBALL- Open Play
10 8:30 – 10:30 Senior Olympics Pickleball Practice 11:00 BODY SCULPTING 12:15 MAT YOGA w/ DARIA 1:30 PICKLEBALL	11 8:30 – 12:15 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 - 4:15 PICKLEBALL	12 8:30 – 10:00 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:30 – 1:15 INDOOR WALKING 1:30 PICKLEBALL	13 11:30 CHAIR YOGA 12:30 – 1:15 INDOOR WALKING 1:30 PICKLEBALL	14 8:30-9:45 INDOOR WALKING 11:15 PICKLEBALL 12:30 – 2:00 PICKLEBALL Beginners Play sign up
17 8:30 – 10:30 Senior Olympics Pickleball Practice 11:00 BODY SCULPTING 1:30 PICKLEBALL	18 8:30 – 12:15 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 - 4:15 PICKLEBALL	19 SENIOR CENTER CLOSED 	20 11:30 CHAIR YOGA 12:30 – 1:15 INDOOR WALKING 1:30 PICKLEBALL	21 8:30-9:45 INDOOR WALKING 11:15 PICKLEBALL- Open Play
24 8:30 – 10:30 Senior Olympics Pickleball Practice 11:00 BODY SCULPTING 1:30 PICKLEBALL	25 8:30 – 11:00 INDOOR WALKING 12:30 SWEATIN TO THE OLDIES 1:30 - 4:15 PICKLEBALL	26 8:30 – 10:00 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:30 – 1:00 INDOOR WALKING 1:30 PICKLEBALL	27 11:30 NO CHAIR YOGA 12:30-1:15 INDOOR WALKING 1:30 PICKLEBALL	28 8:30-9:30 INDOOR WALKING 11:15 PICKLEBALL- Open Play 10 – 12 Ping Pong Tournament FRIENDS sponsored Sign up at the Ping Pong Room
				