

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Zumba 9:30-10:30 am Pilates 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 am 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
10	11	12	13	14
Zumba 9:30-10:30 am Pilates 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 am 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm JAN-MARCH PASS SALES 12:00-1:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
17	18	19	20	21
Zumba 9:30-10:30 am Pilates 10:45-11:45 am Bocce Ball 1:00 – 3:00 pm	Strength/Stretch A 9:30-10:30 Strength/Stretch B 10:45-11:45 Yoga 12:00 – 1:00 pm Pickle Ball 1:30 – 3:30 pm	Zumba 9:30-10:30 am Pilates 10:45-11:45 am 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
24	25	26	27	28
CLOSED	CLOSED	Zumba 9:30-10:30 am Pilates 10:45-11:45 am 55+ Skate-Red Arena 10:45 am Bocce Ball 1:00 pm – 3:00 pm	Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
31				
CLOSED	<i>Happy Holidays & All the Best in 2019!</i>			