

725 Kingsbury Avenue

www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
5	6	7	8	9
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 9:15 am Zumba Toning – 10:15am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
12	13	14	15	16
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 9:15 am Zumba Toning – 10:15am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
19	20	21	22	23
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 9:15 am Zumba Toning – 10:15am PASS SALES 11:15am-11:30am Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm
26	27	28	29	30
55+ Circuit 10:15 am Zumba Strong 11:15 am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 9:15 am Zumba Toning – 10:15am Pickle Ball 12:00– 3:00 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am-12pm Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm

Program support provided by

