

725 Kingsbury Avenue

www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
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	Line Dancing 9:00 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
8	9	10	11	12
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	Line Dancing 9:00 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	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
15	16	17	18	19
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	Line Dancing 9:00 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
22	23	24	25	26
CLOSED	Strength & Stretch 9:00 am Yoga – 10:00 am Senior Skate 11am – 12pm Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba Toning – 10:15am PASS SALES 11:15am – 11:45am 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
29	30	31		
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Program support provided by

