

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 12:00 – 2:00 pm	2 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	3 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 10:45 am Bocce Ball 11:00 pm – 1:00 pm	4 Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	5 Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
8 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 12:00 – 2:00 pm	9 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	10 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 10:45 am Bocce Ball 11:00 pm – 1:00 pm	11 Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	12 Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
15 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 12:00 – 2:00 pm	16 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	17 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 10:45 am Bocce Ball 11:00 pm – 1:00 pm	18 Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	19 CLOSED
22 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm Bocce Ball 12:00 – 2:00 pm	23 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	24 Zumba 9:30-10:30 am Pilates 10:45-11:45 pm 55+ Skate 11:15 am Bocce Ball 11:00 pm – 1:00 pm MAY PASS SALES 12–1:00 pm	25 Line Dancing – 9:30 -11:00 am Yoga 11:15 – 12:15 pm Pickle Ball 1:30 – 3:30 pm	26 Strength/Stretch A 9:30-10:30 am Strength/Stretch B 10:45-11:45 am Bocce Ball 1:00 pm – 3:00 pm
29 Bocce Ball 12:00 – 2:00 pm NO CLASSES	30 NO CLASSES	1 Bocce Ball 11:00 pm – 1:00 pm NO CLASSES	2 NO CLASSES	5 Bocce Ball 1:00 pm – 3:00 pm NO CLASSES