

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Line Dancing 9:00 am Zumba – Daisy 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
6	7	8	9	10
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
13	14	15	16	17
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm PASS SALE DAY 11:30AM-12PM	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
20	21	22	23	24
CLOSED	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	Line Dancing 9:00 am Zumba – Daisy 10:30 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
27	28			
55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm Pickle Ball 12:00– 3:00 pm	Strength & Stretch 9:00 am Yoga – 10:00 am Pickle Ball 12:00– 3:00 pm			

Program support provided by

