

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 Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 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 Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	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 Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am Pass Sale 11:15-11:30am Pickle Ball 12:30– 3:30 pm Bocce Ball 1:00 – 3:00 pm	Strength & Stretch 9:15 am Yoga – 10:15 am Pickle Ball 12:30– 3:30 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am Bocce Ball 1:00 – 3:00 pm
22	23	24	25	26
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29	30			
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