

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm Yoga 1:00 pm	Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	BOCCE 12:30-2:30 pm
9	10	11	12	13
Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm Yoga 1:00 pm	NO CLASSES	Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	BOCCE 12:30-2:30 pm
16	17	18	19	20
Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm Yoga 1:00 pm	Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	BOCCE 11:15 – 1:15 pm
23	24	25	26	27
Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm Yoga 1:00 pm PASS SALES 10:00 am	Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	BOCCE 11:15 – 12:45 pm
30				
Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm				

Program support provided by

