

725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Circuit 55+ 12:00 pm Pickle Ball 1:30 – 3:30 pm BOCCE 1:15 2:45 pm	2 BOCCE 12:30-2:30 pm
5 Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	6 Circuit 55+ 12:00 pm Yoga 1:00 pm	7 Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	8 Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	9 BOCCE 12:30-2:30 pm
12 CLOSED	13 Circuit 55+ 12:00 pm Yoga 1:00 pm	14 Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	15 Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	16 BOCCE 11:15 – 12:45 pm
19 Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm Pickle Ball 1:30 – 3:30 pm	20 Circuit 55+ 12:00 pm Yoga 1:00 pm	21 Zumba 12:00 pm Strength/Stretch 1:15 pm Pickle Ball 1:30 – 3:30 pm	22 Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	23 BOCCE 11:15 – 12:45 pm
26 Zumba 11:15 am Strength/Stretch 12:30 Yoga 1:45 pm NO PICKLE BALL	27 Circuit 55+ 12:00 pm Yoga 1:00 pm PASS SALES 10:00 am	28 Zumba 12:00 pm Strength/Stretch 1:15 pm NO PICKLE BALL	29 Circuit 55+ 12:00 pm BOCCE 1:15 2:45 pm	30 BOCCE 11:15 – 12:45 pm

Program support provided by

