



725 Kingsbury Avenue
www.gardencitycc.com/seniors

55+ PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Strength & Stretch 9:15 am Yoga – 10:15 am No PickleBall	Line Dancing (Lynn) 9:00 am Zumba Toning 10:15 am No PickleBall Bocce Ball 3–5 pm	Strength & Stretch 9:15 am Yoga – 10:15 am No PickleBall Bocce Ball 3–5 pm	55+ Circuit 10:15 am Zumba Strong 11:15 am No Bocce Ball
7	8	9	10	11
Facility Closed	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
14	15	16	17	18
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 OCTOBER PASSES AVAILABLE ONLINE	No Classes No PickleBall	55+ Circuit 10:15 am Zumba Strong 11:15 am No Bocce Ball
21	22	23	24	25
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
28	29	30		
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	Facility Closed		

Did you know? The first known use of the English word “computer” was recorded in the year 1613, to refer to a person who performs mathematical calculations