

August 2026- Bozeman Senior Center Exercise --807 N. Tracy 586-2421 - www.bozemanseniorcenter.org

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	3 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	4 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	5 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	6 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	7 8:30 Strength Training 10:00 Advanced Line Dancing	8
9	10 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	11 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	12 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	13 10:00 Beginning and Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	14 8:30 Strength Training 10:00 Advanced Line Dancing	15
16	17 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	18 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	19 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	20 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	21 8:30 Strength Training 10:00 Advanced Line Dancing	22
23	24 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	25 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	26 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	27 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	28 8:30 Strength Training 10:00 Advanced Line Dancing	29
30	31 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	\$20.00 a month gets you into all of the exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center				