



December 2025- Bozeman Senior Center Exercise --807 N. Tracy 586-2421 - www.bozemanseniorcenter.org

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	1 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	2 11:00 Tai Chi 1:00 Strong People	3 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	4 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	5 8:30 Strength Training 9:35 Core, Balance & Alignment 10:00 Line Dancing 11:00 Laughing Yoga	6
7	8 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	9 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	10 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	11 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	12 8:30 Strength Training 9:35 Core, Balance & Alignment 10:00 Line Dancing	13
14	15 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	16 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	17 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	18 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	19 8:30 Strength Training 10:00 Line Dancing 11:00 Laughing Yoga	20
21	22 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	23 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	24 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	25 Closed 	26 Closed 	27
28	29 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	30 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	31 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	You must be a current member of the Senior Center and pay \$20.00 a month fitness fees. Still the best deal in town!!!		