





February 2026- Bozeman Senior Center Exercise --807 N. Tracy 586-2421 - www.bozemenseniorcenter.org

| S | Monday | Tuesday | Wednesday | Thursday | Friday | S |
|----|--|---|---|--|---|----|
| 1 | 2 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People | 3 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People | 4 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ball Room Dance | 5 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance/Agility 3:05 Yoga/Spinal Alignment, Flexibility | 6 8:30 Strength Training 10:00 Line Dancing | 7 |
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| | You must be a current member of the Senior Center and pay \$20.00 a month fitness fee. |  |  |  |  | |

ALL EXERCISE CLASSES ARE HELD IN THE FITNESS ROOM WITH THE EXCEPTION OF
LINE DANCING (Dining Room) Ballroom Dancing (Dining Room)
\$20.00 a month gets you into all of the classes as well as the equipment room.

***Strong People (Mon, Tue, Wed, Thurs @ 1 p.m.)**

Strength building class focuses on increasing bone density and muscle mass. Class follows accepted protocol for people with bone loss. Participants work at their own level increasing weights as they build strength. Each class also includes exercises to strengthen the core and finishes with stretching. Weights are provided.

***Strength Training (Mon, Wed, Fri @ 8:30 a.m.)**

A great class for men and women looking to increase muscle mass and overall body strength. Body weight, dumbbells, leg weights, and bands are all incorporated into a full body workout. Strength training doesn't have to be intimidating. Drop in for a class and see how much fun you can have getting stronger.

***Core on the Floor (Mon, Wed @ 9:35 a.m.)**

Pilates inspired. Gentle mat work and stretching.

***Beginning Line Dancing (Tues, Thurs @ 10:00a.m. to 10:45 a.m.)**

Beginning line dancing is a fun form of exercise with physical, mental, emotional and social benefits. Learn and practice common line dance steps. Then dance to a variety of music including rock, Latin, country and waltz. Beginners who have no prior dance experience of any kind are encouraged to arrive 15 minutes early on their first day for some pre-instruction.

***Intermediate/Advanced Line Dancing (Tues, Thurs @. 10:45a.m. to 11:30a.m.)**

More complex and challenging dances will be taught and danced. Experienced dancers are invited.

***Intermediate/Advanced Line Dancing (Friday @ 10:00 a.m. to 11:30a.m.)**

Even more complex and challenging dances will be taught and danced. Experienced dancers are invited.

***Enlightenment Tai Chi Form (Tues, Thurs, 11:00 a.m.)**

Tai Chi is a graceful form of exercise characterized by slow, methodical, gentle movements and deep breathing exercises that are low impact, relaxing and somewhat aerobic. People of almost any age and fitness level can participate. In this class you will learn the Enlightenment Tai Chi Form, some other easy short forms, warm-up and deep breathing exercises, and Tai Chi positions. Tai Chi can be a positive part of an overall approach to improving and maintaining your health.

***Ballroom Dancing (Wednesday @ 1:30 p.m.)**

Join a fun atmosphere and learn how to Waltz, Swing, Two Step...

