




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

S	Monday	Tuesday	Wednesday	Thursday	Friday	S a
	You must be a current member of the Senior Center and pay \$20.00 a month fitness fee.			1 Closed 	2 8:30 Strength Training 10:00 Line Dancing	3
4	5 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	6 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	7 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	8 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	9 8:30 Strength Training 10:00 Line Dancing	10
11	12 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	13 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	14 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:00 Ball Room Dance	15 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	16 8:30 Strength Training 10:00 Line Dancing	17
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