




**July 2026**- Bozeman Senior Center Exercise --807 N. Tracy 586-2421 - [www.bozemanseniorcenter.org](http://www.bozemanseniorcenter.org)

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
			<p>1</p> <p>8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance</p>	<p>2</p> <p>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</p>	<p>3</p> <p>Closed</p> 	4
5	<p>6</p> <p>Closed</p> 	<p>7</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People</p>	<p>8</p> <p>8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance</p>	<p>9</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga</p>	<p>10</p> <p>8:30 Strength Training 10:00 Advanced Line Dancing</p>	11
12	<p>13</p> <p>8:30 Strength Training 9:35 Core on the Floor <b>11:15 Gryokinesis</b> 1:00 Strong People</p>	<p>14</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People</p>	<p>15</p> <p>8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance</p>	<p>16</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga</p>	<p>17</p> <p>8:30 Strength Training 10:00 Advanced Line Dancing</p>	18
19	<p>20</p> <p>8:30 Strength Training 9:35 Core on the Floor <b>11:15 Gryokinesis</b> 1:00 Strong People</p>	<p>21</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People</p>	<p>22</p> <p>8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance</p>	<p>23</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga</p>	<p>24</p> <p>8:30 Strength Training 10:00 Advanced Line Dancing</p>	25
26	<p>27</p> <p>8:30 Strength Training 9:35 Core on the Floor <b>11:15 Gryokinesis</b> 1:00 Strong People</p>	<p>28</p> <p>10:00 Beginning &amp; Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People</p>	<p>29</p> <p>8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance</p>	<p>30</p> <p>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</p>	<p>31</p> <p>8:30 Strength Training 10:00 Advanced Line Dancing</p>	