

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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
1	2 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	3 9:30 MSU Student-Led Exercise 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 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	6 8:30 Strength Training 10:00 Line Dancing	7
8	9 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	10 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	11 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ball Room Dance	12 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	13 8:30 Strength Training 10:00 Line Dancing	14
15	16 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	17 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	18 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ball Room Dance	19 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	20 8:30 Strength Training 10:00 Line Dancing	21
22	23 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	24 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	25 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ball Room Dance	26 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People	27 8:30 Strength Training 10:00 Line Dancing	28
29	30 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	31 9:30 MSU Student-Led Exercise 10:00 Line Dancing 10:45 Line Dancing 11:00 Tai Chi 1:00 Strong People		<b>You must be a current member of the Senior Center and pay \$20.00 a month fitness fee. This is still the best deal in town!!!</b>		

