





**May 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 8:30 Strength Training 10:00 Advanced Line Dancing	2
3	4 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	5 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	6 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	7 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	8 8:30 Strength Training 10:00 Advanced Line Dancing	9
10	11 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	12 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	13 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	14 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	15 8:30 Strength Training 10:00 Advanced Line Dancing	16
17	18 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	19 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	20 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	21 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	22 8:30 Strength Training 10:00 Advanced Line Dancing	23
24	25 8:30 Strength Training 9:35 Core on the Floor 1:00 Strong People	26 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	27 8:30 Strength Training 9:35 Core on the Floor 11:00 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	28 9:00 Beginning Line Dancing 10:00 Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	29 8:30 Strength Training 10:00 Advanced Line Dancing	