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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	2 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	3 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning	4 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	5 8:30 Strength Training 10:00 Begin & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	6 8:30 Strength Training 10:00 Advanced Line Dancing	7
8	9 8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	10 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	11 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:00Ballroom Dance	12 8:30 Strength Training 10:00 Begin & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	13 8:30 Strength Training 10:00 Advanced Line Dancing	14
15	16 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	17 11:00 Tai Chi 1:00 Strong People	18 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	19 8:30 Strength Training 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	20 8:30 Strength Training	21
22	23 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	24 11:00 Tai Chi 1:00 Strong People	25 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	26 Closed 	27 Closed 	28
29	30 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People			**$20.00 a month for all exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center**		