

**October 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><b>\$20.00 a month for all exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center</b></p> |                                                                                      |                                                | <p>1 8:30 Strength Training<br/>10:00 Begin &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Balance<br/>3:05 Yoga</p>  | <p>2 8:30 Strength Training<br/>10:00 Advanced Line Dancing</p>                                                                                | <p>3</p>  |
| 4 5       | <p>8:30 Strength Training<br/>11:15 Gryokinesis<br/>9:35 Core on the Floor<br/>1:00 Strong People</p>                                | <p>6 10:00 Beginning &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Winter Sport Conditioning</p>  | <p>7 8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/><b>CLOSED at 1:00 p.m.</b></p>                  | <p>8 <b>Closed</b><br/><b>Floor getting refinished</b></p>                                            | <p>9 <b>Closed</b><br/><b>Floor getting refinished</b></p>  | <p>10</p> |
| 1 12<br>1 | <p>8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People</p>                                | <p>13 10:00 Beginning &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Winter Sport Conditioning</p> | <p>14 8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People<br/>1:30 Ballroom Dance</p> | <p>15 8:30 Strength Training<br/>10:00 Begin &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Balance<br/>3:05 Yoga</p> | <p>16 8:30 Strength Training<br/>10:00 Advanced Line Dancing</p>                                                                               | <p>17</p> |
| 1 19<br>8 | <p>8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People</p>                                | <p>20 10:00 Beginning &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Winter Sport Conditioning</p> | <p>21 8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People<br/>1:30 Ballroom Dance</p> | <p>22 8:30 Strength Training<br/>10:00 Begin &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Balance<br/>3:05 Yoga</p> | <p>23 8:30 Strength Training<br/>10:00 Advanced Line Dancing</p>                                                                               | <p>24</p> |
| 2 26<br>5 | <p>8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People</p>                                | <p>27 10:00 Beginning &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Winter Sport Conditioning</p> | <p>28 8:30 Strength Training<br/>9:35 Core on the Floor<br/>11:15 Gryokinesis<br/>1:00 Strong People<br/>1:30 Ballroom Dance</p> | <p>29 8:30 Strength Training<br/>10:00 Begin &amp; Intermediate Line Dancing<br/>10:45 Advanced Line Dancing<br/>11:00 Tai Chi<br/>1:00 Strong People<br/>2:30 Balance<br/>3:05 Yoga</p> | <p>30 8:30 Strength Training<br/>10:00 Advanced Line Dancing</p>                                                                               | <p>31</p> |