

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

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sa
	\$20.00 a month for all exercise classes and equipment workout room. You must be a member of the Bozeman Senior Center	1 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	2 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	3 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	4 8:30 Strength Training 10:00 Advanced Line Dancing	5
6 7	8:30 Strength Training 11:15 Gryokinesis 9:35 Core on the Floor 1:00 Strong People	8 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	9 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	10 10:00 Beginning and Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	11 8:30 Strength Training 10:00 Advanced Line Dancing	12
1 3 14	8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	15 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning Class	16 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	17 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People	18 8:30 Strength Training 10:00 Advanced Line Dancing	19
2 0 21	8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	22 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning Class	23 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance	24 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Balance 3:05 Yoga	25 8:30 Strength Training 10:00 Advanced Line Dancing	26
2 7 28	8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People	29 10:00 Beginning & Intermediate Line Dancing 10:45 Advanced Line Dancing 11:00 Tai Chi 1:00 Strong People 2:30 Winter Sport Conditioning Class	30 8:30 Strength Training 9:35 Core on the Floor 11:15 Gryokinesis 1:00 Strong People 1:30 Ballroom Dance			