

## SWARTZ CREEK SENIOR CENTER WEEKLY SCHEDULE

### September 21st: Monday

8:45AM - 9:45AM	YOGA
11:00AM - 12:00PM	SASSY EXERCISE
12:00PM - 12:30PM	PICK UP LUNCH
1:00PM	CROCHET

### September 22nd: Tuesday

8:45AM - 9:45AM	YOGA
10:00AM - 11:00AM	TAI CHI
11:00AM - 12:00PM	TONING
12:00PM - 12:30PM	PICK UP LUNCH

### September 23rd: Wednesday

9:30AM - 10:30AM	ZUMBA
11:00AM - 12:00PM	SASSY EXERCISE
12:00PM - 12:30PM	PICK UP LUNCH

### September 24th: Thursday

8:45AM - 9:45AM	YOGA
10:00AM - 11:00AM	TAI CHI
11:00AM - 12:00PM	TONING
12:00PM - 12:30PM	PICK UP LUNCH
1:00PM	KNITTING

### September 25th: Friday

12:00PM - 12:30PM	PICK UP LUNCH
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You must register for classes 24 hours in advance. Please wear a mask in the center. Please call for an appointment for any other needs. We are only able to have a small number of people in the building at one time. You must come into the center to check in before heading out the designated exits to your class. Please bring your own weights for the class you are attending if needed. **\*\*SCHEDULE SUBJECT TO CHANGE\*\***

**PLEASE DO NOT ARRIVE MORE THAN FIVE MINUTES BEFORE YOUR SCHEDULED CLASS! THANK YOU!**

**OUTDOOR ACTIVITIES: It is recommended by the CDC to not host outdoor activities if the temperature is above 80 degrees or the humidity index is above 75 percent. The center staff will call and inform you if class has been canceled. Please remember you must pre register for all activities.**

This programs and/or service is fully or partially funded by Genesee County Senior Millage Funds. Your tax dollars at work.

