

SWARTZ CREEK SENIOR CENTER WEEKLY SCHEDULE

October 12th: Monday

10:00AM - 11:00AM	LINE DANCING
11:30AM - 12:30PM	SASSY EXERCISE
12:00PM - 12:30PM	PICK UP LUNCH
1:00PM	CROCHET

October 13th: Tuesday

10:00AM - 11:00AM	TAI CHI
11:00AM - 12:00PM	TONING
12:00PM - 12:30PM	PICK UP LUNCH

October 14th: Wednesday

9:30AM - 10:30AM	ZUMBA
11:30AM - 12:30PM	SASSY EXERCISE
12:00PM - 12:30PM	PICK UP LUNCH
3:00PM - 4:00PM	LINE DANCING

October 15th: 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

October 16th: Friday

11:00AM - 12:00PM	ARTHRITIS EXERCISE
12:00PM - 12:30PM	PICK UP LUNCH

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!

Classes are held inside at this time. Limited availability!

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

