

Start the New Year Right with a new membership to the Redmond Senior Center!

January 2023

<p>2</p> <p>CENTER CLOSED PARKS & REC CLASSES OPEN</p> <p>7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 4:30-5:30 Zumba Toning</p>	<p>3</p> <p>7:45-8:45 Zumba Gold 9:00-10:00 Balance & Core 1:00 Line Dancing 4:00-5:00– Kid Cuisine 6:00-8:00 Adv. Kendo</p>	<p>4</p> <p>7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:30-3:30 Bridge 4:30-5:30 Zumba Toning</p>	<p>5</p> <p>9:00-10:00 Pumped Up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:30-11:30 Chair Yoga 1:00-2:30 BINGO 4:00-4:45 Art Explorers 6:-00-7:00 Beg. Kendo</p>	<p>6</p> <p>7:45-8:45 Zumba Gold 9:15-10:20 Kickboxing</p>
<p>9</p> <p>7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Heart Warmers 1:00-3:00 Pickleball 4:30-5:30 Zumba Toning</p>	<p>10</p> <p>7:45-8:45 Zumba Gold 9:00-10:00 Balance & Core 1:00 Line Dancing 4:00-5:00– Kid Cuisine 6:00-8:00 Adv. Kendo</p>	<p>11</p> <p>7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:30-3:30 Bridge 4:30-5:30 Zumba Toning</p>	<p>12</p> <p>9:00-10:00 Pumped Up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 10:30-11:30 Chair Yoga 1:00-2:30 BINGO 4:00-4:45 Art Explorers 6:-00-7:00 Beg. Kendo</p>	<p>13</p> <p>7:45-8:45 Zumba Gold 9:00-3:00 Feet Retreat 9:15-10:20 Kickboxing</p>
<p>16</p> <p>7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 4:30-5:30 Zumba Toning</p>	<p>17</p> <p>7:45-8:45 Zumba Gold 9:00-10:00 Balance & Core 1:00 Line Dancing 4:00-5:00– Kid Cuisine 6:00-8:00 Adv. Kendo</p>	<p>18</p> <p>7:45-8:45 Fitness 4 Life 8:00 COAR 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers Veterans Lunch -3:30 Bridge 4:30-5:30 Zumba Toning</p>	<p>19</p> <p>9:00-10:00 Pumped Up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 10:30-11:30 Chair Yoga 1:00-2:30 BINGO 1:00 Board Meeting 4:00-4:45 Art Explorers 6:-00-7:00 Beg. Kendo</p>	<p>20</p> <p>7:45-8:45 Zumba Gold 9:15-10:20 Kickboxing 12:00 January Birthdays</p>
<p>23</p> <p>7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Heart Warmers 1:00-3:00 Pickleball 4:30-5:30 Zumba Toning</p>	<p>24</p> <p>7:45-8:45 Zumba Gold 9:00-10:00 Balance & Core 1:00 Line Dancing 4:00-5:00 Kid Cuisine 6:00-8:00 Adv. Kendo</p>	<p>25</p> <p>7:45-8:45 Fitness 4 Life 8:00 COAR 9:00-3:00 Feet Retreat 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 12:30-3:30 Bridge</p>	<p>26</p> <p>9:00-10:00 Pumped Up (Virtual) 9:15-10:20 PiYo 10:00-11:30 Line Dancing 10:35-11:35 Silver Sneakers Yoga 10:30-11:30 Chair Yoga 1:00-2:30 BINGO 4:00-4:45 Art Explorers 6:-00-7:00 Beg. Kendo</p>	<p>27</p> <p>7:45-8:45 Zumba Gold 9:15-10:20 Kickboxing</p>
<p>30</p> <p>7:45-8:45 Fitness 4 Life 9:15-10:20 Power Cut Plus 10:35-11:35 Silver Sneakers 1:00-3:00 Pickleball 4:30-5:30 Zumba Toning</p>	<p>31</p> <p>7:45-8:45 Zumba Gold 9:00-10:00 Balance & Core 1:00 Line Dancing 4:00-5:00– Kid Cuisine 6:00-8:00 Adv. Kendo</p>			