

BIGELOWCENTER

FOR SENIOR ACTIVITIES

Weekly Exercise Schedule		
MONDAYS		
Time	Class	Fee
9:00	Basic Zumba with Laura Dorr	\$5
10:00	Senior Exercise with Laura Dorr	No charge
11:00	Flex & Stretch with Laura Dorr	No charge
11:30	Arthritis Exercise with Laura Dorr	No charge
12:30	Pickleball	Call for information
1:00	Tai Chi with Jonathan	\$5
TUESDAYS		
Time	Class	Fee
9:00	Morning Exercise with Nancy	No charge
10:15	Zumba with Germaine	No Charge
11:30	Body Balance with Lauren	\$5
12:30	Pickleball	Call for information
WEDNESDAYS		
Time	Class	Fee
9:00	Stretch and Strength with Sandy	\$5
9:30	Yoga	Call for information
10:00	Senior Exercise with Laura Dorr	No charge
11:00	Flex and Stretch with Laura Dorr	No charge
11:30	Arthritis Exercise with Laura Dorr	No charge
THURSDAYS		
Time	Class	Fee
9:00	Weight Training with Diane	No charge
10:00	Zumba with Diane	No charge
1:00	Tai Chi with Jonathan	\$5
1:00	Pickleball	Call for information
FRIDAYS		
Time	Class	Fee
9:00	Zumba with Pauline	\$5
10:00	Body Balance with Lauren	No charge
11:30	Pickleball	Call for information