

Club 50 and Health Promotion Disease Prevention Calendar

Club 50 Classes

- Monday: NIA @ 11:15am
- Tuesday: Zumba @ 10am
- Wednesday:
- Thursday: Let's Step @10am
NIA @ 5pm (\$10)
- Friday: Yoga @ 1pm
- Saturday: Bare Your Sole @ 9:30am

HPDP Evidence Based Classes

- Monday: Strong Seniors @ 8:30am
Strong Seniors @ 10:00am
Tai Chi @ 1pm
- Tuesday: Strong Seniors @ 1pm
- Wednesday: Strong Seniors @ 8:30am
Strong Seniors @ 10:00am
Tai Chi @ 1pm
- Thursday: Strong Seniors @ 1pm
- Friday: Strong Seniors @ 8:30am
Strong Seniors @ 10:00am

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|-----------------------|--------------------|-----------------------|--------------------|-----------------------|-----------------------|
| 8:30am Strong Seniors | | 8:30am Strong Seniors | | 8:30am Strong Seniors | 9:30am Bare Your Sole |
| 10am Strong Seniors | 10am Zumba | 10am Strong Seniors | 10am Let's Step | 10am Strong Seniors | |
| 11:15am NIA | | | | | |
| 1pm Tai Chi | 1pm Strong Seniors | 1pm Tai Chi | 1pm Strong Seniors | 1pm Yoga | |
| | | | | | |
| | | | 5pm NIA (\$10) | | |