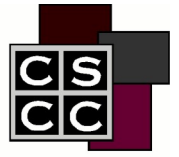


Central Square Community Center Senior Adult Fitness Class Schedule January 2020



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes			★ No classes Jan 1st		
Senior Aqua Interval	*10:30 AM Jan 20th - 30th		★ *10:30 AM Jan 20th - 30th		10:30 AM Jan 20th - 30th
Fitness Classes					
Senior Pilates	9:30 AM				
Senior Yoga			★ 9:30 AM Jan 20th - 30th Class Canceled Jan 29th		
Silver and Fit® Experience					★ 9:30 AM Jan 20th - 30th
Silver Sneakers® Classic		9:35 AM Class Canceled Jan 28th		9:35 AM Class Canceled Jan 30th	

★ **Class changes - January 1st no regular classes. January 28th and 30th no classes, Senior Yoga canceled January 29th.**

Senior Fitness classes are designed for people ages 55 and older. Classes are customized to improve balance, flexibility and strength, sign up or drop in today.

Many of your senior classes are included with your Silver & Fit® and Silver Sneakers® memberships.

Senior Fitness Class Fees per Month: One day per week: Member \$10.00, Non Member \$12.00

***Two days per week: Member \$16.00, Non Member \$18.00**

Senior Fitness Class Drop In Fees per Class: Member \$3.50, Non Member \$4.00