


2026

MARCH

EXERCISE

Monday		Tuesday		Wednesday		Thursday	
02		03		04		05	
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance		9:00 Dance Fitness 10:15 Chair Yogalates		9:00 Dance Fitness 10:00 TAI CHI CHUAN 2:00 Boot Scootin' Line Dance Class Mixed Abilities		10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates	
09		10		11		12	
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance		9:00 Dance Fitness 10:15 Chair Yogalates		9:00 Dance Fitness 10:00 TAI CHI CHUAN 2:00 Boot Scootin' Line Dance Class Mixed Abilities		10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates	
16		17		18		19	
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance		9:00 Dance Fitness 10:15 Chair Yogalates 		9:00 Dance Fitness 10:00 TAI CHI CHUAN 2:00 Boot Scootin' Line Dance Class Mixed Abilities		10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates	
23		24		25		26	
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance		9:00 Dance Fitness 10:15 Chair Yogalates		9:00 Dance Fitness 10:00 TAI CHI CHUAN 2:00 Boot Scootin' Line Dance Class Mixed Abilities		10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates	

Celebrating 40 years
Proudly Serving the Community



Remembering the past, Embracing the Future



SENIOR TRANSPORTATION

514 W Main Street
928-474-4876

M-Th 8:00am-4:00pm
PaysonSeniorCenter.org

(Activities Subject to Change)

Trinkets & Treasures
A FINE RESALE SHOP

Tues-Sat 9:30am-4:00pm
928-474-3205