

# 2026

# FEBRUARY

# EXERCISE

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

**Celebrating 40 years**  
Proudly Serving the Community



Remembering the past, Embracing the Future



**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**