

2025

APRIL

EXERCISE

Monday		Tuesday		Wednesday		Thursday	
31	01	02	03				
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Beginner Tai Chi w/ Marty Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing				
07	08	09	10				
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Beginner Tai Chi w/ Marty Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Feeling Fit Level 3 10:15 Chair Yogalates <i>TRIP SIGN UP FOR RIORDAN MUSEUM</i>	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing 1:00 Site Council Meeting				
14	15	16	17				
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Beginner Tai Chi w/ Marty Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing				
21	22	23	24				
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Beginner Tai Chi w/ Marty Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing				
28	29			01	01		
9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance 11:00 Beginner Tai Chi w/ Marty Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level	9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	9:00 Dance Fitness 10:00 Tai Chi w/ Linda Boot Scootin' Seniors Line Dance Classes 2:00 Beginner 2:40 Higher Level		10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates 1:00 Beg. Belly Dancing			



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SENIOR TRANSPORTATION

Trinkets & Treasures
A FINE RESALE SHOP

928-474-3205

08

Payson Senior Center 514 W Main Street 928-474-4876
M-Th 8:00am-4:00pm (Activities Subject to Change)