

# 2025

# JANUARY

# EXERCISE

Monday

Tuesday

Wednesday

Thursday

06

07

08

09

10:00 Senior Stretch,  
Strength & Balance  
11:00 Tai Chi

Boot Scootin' Seniors  
Line Dance Classes  
2:00 Beginner-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 NEW: Tai Chi  
Chuan(beg)

Boot Scootin' Seniors  
Line Dance Classes  
2:00 Beginner-Beginner +  
2:40 Higher Level

9:00 Yogalates  
10:00 Senior Stretch,  
Strength & Balance  
10:15 Chair Yogalates  
1:00 Beg. Belly Dancing

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15

16

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10:00 Senior Stretch,  
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11:00 Tai Chi

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23

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Strength & Balance  
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 **BIRTHDAY  
CELEBRATIO**

9:00 Yogalates  
10:00 Senior Stretch,  
Strength & Balance  
10:15 Chair Yogalates  
1:00 Beg. Belly Dancing

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30

9:00 Dance Fitness  
10:00 Senior Stretch,  
Strength & Balance  
11:00 Tai Chi

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Strength & Balance  
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06

**Payson Senior Center 514 W Main Street 928-474-4876**



**Trinkets & Treasures**  
A FINE RESALE SHOP