

# 2025

# MARCH

# EXERCISE

Monday	Tuesday	Wednesday	Thursday
<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
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
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
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<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
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<b>31</b>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><small>Celebrating 40 years</small> <small>Proudly Serving the Community</small></p>  <p><b>Payson</b> Senior Center</p> <p><small>Remembering the past, Embracing the Future</small></p> </div> <div style="text-align: center;">  <p><small>SENIOR TRANSPORTATION</small></p> </div> <div style="text-align: center;"> <p><b>Trinkets &amp; Treasures</b> A FINE RESALE SHOP</p> <p><b>928-474-3205</b></p> </div> </div> <p style="text-align: center;"><b>Payson Senior Center 514 W Main Street 928-474-4876</b></p>		
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