






MONDAY Nov 28	TUESDAY Nov 29	WEDNESDAY Nov 30	THURSDAY 1
9:00 Zumba w/ Danni 10:00 Body Balance w/ Danni 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class	8:30 Walking Club 9:00 Feeling Fit Level 3 10:30 Jill's Yoga 1:00 Tribal Tone	8:00 Body Balance w/ Danni 9:00 Zumba w/ Danni 10:30 Jill's Yoga ** NO LINE DANCE CLASS** 2:00 White Christmas Line Dance Dress Rehearsal 2:30 New Building Meeting	8:45 Yopalates w/ Nan 10:00 Strength & Balance
5	6	7	8
9:00 Zumba w/ Danni 10:00 Body Balance w/ Danni 10:00 Strength & Balance 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class	NO WALKING CLUB 9:00 Feeling Fit Level 3 10:30 Jill's Yoga 1:00 Tribal Tone	8:00 Body Balance w/ Danni 9:00 Zumba w/ Danni 10:30 Jill's Yoga 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class-Free	8:45 Yopalates w/ Nan 10:00 Strength & Balance
12	13	14	15
9:00 Zumba w/ Danni 10:00 Body Balance w/ Danni 10:00 Strength & Balance 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class	NO WALKING CLUB 9:00 Feeling Fit Level 3 10:30 Jill's Yoga 1:00 Tribal Tone	8:00 Body Balance w/ Danni 9:00 Zumba w/ Danni 10:30 Jill's Yoga BOOT SCOOT'IN' SENIORS 1:00 POWELL PLACE 2:00 MAJESTIC RIM	8:45 Yopalates w/ Nan 10:00 Strength & Balance 11:30 Boot Scoot'n Seniors Performance Senior Center
19	20	21	22
9:00 Zumba w/ Danni 10:00 Body Balance w/ Danni 10:00 Strength & Balance 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class	NO WALKING CLUB 9:00 Feeling Fit Level 3 10:30 Jill's Yoga 1:00 Tribal Tone	8:00 Body Balance w/ Danni 9:00 Zumba w/ Danni 10:30 Jill's Yoga 2:00 Boot Scootin' Seniors Beg. Line Dance class 2:30 Line Dance Class	8:45 Yopalates w/ Nan NO STRENGTH & BALANCE Christmas Party  
26	27	28	29
 CENTER CLOSED 	NO WALKING CLUB 9:00 Feeling Fit Level 3 10:30 Jill's Yoga 1:00 Tribal Tone	8:00 Body Balance w/ Danni 9:00 Zumba w/ Danni 10:30 Jill's Yoga ** NO LINE DANCE CLASS** 2:30 New Building Meeting	8:45 Yopalates w/ Nan NO STRENGTH & BALANCE  NEW YEAR'S PARTY *CENTER CLOSED* MON , Jan 2

Free Classes-Strength & Balance Tribal Tone, Line Dance, Feeling Fit, Yopalates
 Zumba w/ Bernie: \$3/class
 Jill's Yoga: \$3/non-mem; \$2/mem per class
 Zumba & Body Balance w/ Dannie: \$3/non-mem; \$2/mem per class

get connected

Website:
 PaysonSeniorCenter.org