2025 DECEMBER EXERCISE

Monday	Tuesday	Wednesday	Thursday
01 9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance	02 9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	03 9:00 Dance Fitness 2:00 Boot Scootin' Line Dance Class Mixed Abilities	04 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates
08 9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance	09 9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	10 9:00 Dance Fitness 2:00 Boot Scootin' Line Dance Class Mixed Abilities	11 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates Sat., Dec 13th 3:00-7:00 4:30 Line Dance Performance
15 10:00 Senior Stretch, Strength & Balance	16 9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	17 9:00 Dance Fitness 1:30 Boot Scootin' Line Dance Rehearsal Dance Performance 2:30 Avista Senior Living 3:15ish Rim Country Health	18 10:00 Senior Stretch, Strength & Balance 10:15 Chair Yogalates Dance Performance 11:30-PSC 2:30-Majestic Rim
22 9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance	23 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	24  CENTER CLOSED	25
29 9:00 Dance Fitness 10:00 Senior Stretch, Strength & Balance	30 9:00 Dance Fitness 9:00 Feeling Fit Level 3 10:15 Chair Yogalates	31 10:00 Tai Chi w/ Linda 2:00-CENTER CLOSING EARLY	01  CENTER CLOSED

Celebrating 40 years
Proudly Serving the Community
Payson Senior Center
Remembering the past, Embracing the Future


SENIOR TRANSPORTAION

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