

# 2025

# FEBRUARY

# EXERCISE

Monday

Tuesday

Wednesday

Thursday

03

04

05

06

9:00 Dance Fitness  
 10:00 Senior Stretch,  
 Strength & Balance Video  
 11:00 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  
 (Video Today)

9:00 Dance Fitness  
 10:00 Tai Chi w/ Linda

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

Yogalates-NoClass  
 Resume Feb 25th

10:00 Senior Stretch,  
 Strength & Balance

10:15 Chair Yogalates  
 (Video Today)

1:00 Beg. Belly Dancing

10

11

12

13

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18

19

20

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24

25

26

27

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Celebrating 40 years  
 Proudly Serving the Community



Remembering the past, Embracing the Future



SENIOR TRANSPORTATION

**Trinkets & Treasures**  
 A FINE RESALE SHOP

928-474-3205

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