

Exercise Classes

Pan-Am Center

M/W Bailoterapia**9:00-10:00****Mon. Yoga 10:00-11:00**

April 2023

Pan-Am M/W/F
Frank Bergon T/W/TH
9:00am-2:00pm
PAC(559)675-2095
FAB(559)673-4293

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 9-10:00 Coffee/ News 9:15-10:15 Walking class 9-2:00 Karaoke 11-11:45 Tech Class	4 9-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:30 Movie Day 9-11:30 Billiards Drop in Art all Types.	5 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:00 peters brother's nursery 10-11:00am Nail Salon	6 9:00-10:00 Coffee/ News 9:30-10:30 weight training 12:15-1:00 English class 9:30-11:30 Brain Teasers	7 9:00-10:00 Coffee/ News - Prize Bingo @ 9:30 am 9:15-10:15 Walking class 10:00-2:00 Karaoke 10:30-11:00 Tai Chi	8
9	10 9-10:00 Coffee/ News 9:15-10:15 Walking class 9-2:00 Karaoke 11-11:45 Tech Class	11 9-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:30 Movie Day 9-11:30 Billiards Drop in Art all Types.	12 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:00 lunch at Woodward Park 10-11:00am Nail Salon	13 9:00-10:00 Coffee/ News 9:30-10:30 weight training 12:15-1:00 English class 9:30-11:30 Arm Chair Travel	14 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10:00-2:00 Karaoke 10:30-11:00 Tai Chi	15
16	17 9-10:00 Coffee/ News 9:15-10:15 Walking class 9-2:00 Karaoke 11-11:45 Tech Class	18 9-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:30 Movie Day 9-11:30 Billiards Drop in Art all Types.	19 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:00 Herndon Shopping 10-11:00am Nail Salon	20 9:00-10:00 Coffee/ News 9:30-10:30 weight training 12:15-1:00 English class 9:30-11:30 Brain Teasers	21 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10:00-2:00 Karaoke 10:30-11:00 Tai Chi	22
23	24 9-10:00 Coffee/ News 9:15-10:15 Walking class 9-2:00 Karaoke 11-11:45 Tech Class	25 9-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:30 Movie Day 9-11:30 Billiards Drop in Art all Types.	26 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10-12:00 Maya Theatre 10-11:00am Nail Salon	27 9:00-10:00 Coffee/ News 9:30-10:30 weight training 12:15-1:00 English class 9:30-11:30 Arm chair Travel	28 9:00-10:00 Coffee/ News 9:15-10:15 Walking class 10:00-2:00 Karaoke 10:30-11:00 Tai Chi	29
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