

DECEMBER

Exercise

(706) 344-3700

2018

DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 9:00 – SS Circuit 10:00 – SS Classic	5 10:00 – Tai Chi (Gym)	6 9:00 – SS Circuit 10:00 – SS Classic	7 NO YOGA
10	11 9:00 – SS Circuit 10:00 – SS Classic	12 10:00 – Tai Chi (Gym)	13 9:00 – SS Circuit 10:00 – SS Classic	14 9:00 – Floor Yoga 10:00 – Chair Yoga
17	18 9:00 – SS Circuit 10:00 – SS Classic	19 10:00 – Tai Chi (Gym)	20 9:00 – SS Circuit 10:00 – SS Classic	21 9:00 – Floor Yoga 10:00 – Chair Yoga
24 Christmas Eve CLOSED	25 Christmas Day CLOSED	26 10:00 – Tai Chi (Gym)	27 9:00 – SS Circuit 10:00 – SS Classic	28 9:00 – Floor Yoga 10:00 – Chair Yoga
31	1 New Year's Day CLOSED			