

# MARCH ~ EXERCISE

(706) 344-3700

2019

## DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SENIOR CENTER RUMMAGE SALE AND BAZAAR FRIDAY AND SATURDAY APRIL 12&amp;13 VETERAN'S PARK GYM</b>				1  9:00 – Floor Yoga  10:00 – Chair Yoga
4  9:00 – SS Circuit  10:00 – SS Classic	5  9:00 – SS Circuit  10:00 – SS Classic	6  10:00 – Tai Chi (Gym)	7  9:00 – SS Circuit  10:00 – SS Classic	8  9:00 – Floor Yoga  10:00 – Chair Yoga
11  9:00 – SS Circuit  10:00 – SS Classic	12  9:00 – SS Circuit  10:00 – SS Classic	13  10:00 – Tai Chi (Gym)	14  9:00 – SS Circuit  10:00 – SS Classic	15  9:00 – Floor Yoga  10:00 – Chair Yoga
18  9:00 – SS Circuit  10:00 – SS Classic	19  9:00 – SS Circuit  10:00 – SS Classic	20  10:00 – Tai Chi (Gym)	21  9:00 – SS Circuit  10:00 – SS Classic	22  9:00 – Floor Yoga  10:00 – Chair Yoga
25  9:00 – SS Circuit  10:00 – SS Classic	26  9:00 – SS Circuit  10:00 – SS Classic	27  10:00 – Tai Chi (Gym)	28  9:00 – SS Circuit  10:00 – SS Classic	