

September

Exercise

(706) 344-3700

2019

DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED HOLIDAY- Labor Day	3 9:00 – SS Circuit 10:00 – SS Classic	4 10:00 – Tai Chi (Gym)	5 9:00 – SS Circuit 10:00 – SS Classic	6 9:00 – Floor Yoga 10:00 – Chair Yoga
9	10 9:00 – SS Circuit 10:00 – SS Classic	11 10:00 – Tai Chi (Gym)	12 9:00 – SS Circuit 10:00 – SS Classic	13 9:00 – Floor Yoga 10:00 – Chair Yoga
16	17 9:00 – SS Circuit 10:00 – SS Classic	18 10:00 – Tai Chi (Gym)	19 9:00 – SS Circuit 10:00 – SS Classic	20 9:00 – Floor Yoga 10:00 – Chair Yoga
23	24 9:00 – SS Circuit 10:00 – SS Classic	25 10:00 – Tai Chi (Gym)	26 9:00 – SS Circuit 10:00 – SS Classic	27 9:00 – Floor Yoga 10:00 – Chair Yoga
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