

**S.W. Focal Point Senior Center
301 N.W. 103 Avenue
Pembroke Pines, FL 33026**

**HEALTH SUPPORT SERVICES
SPECIAL ACTIVITIES**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9:15-10:15 Tai Chi 9:30-2:00 VIP Class 10:30-11:20 Chair Exercise 11:00-12:00 Line Dance 12:30-1:20 Chair Exercise</p>	<p>9:00-10:00 Water Aerobics 9:00-10:00 Yoga 9:30-10:20 Circuit Training 10:30-11:20 Jazzercise 11:30-12:20 Jazzercise 12:00-1:00 Zumba 2:00-3:00 Chair Yoga</p>	<p>9:30-2:00 VIP Class 9:30-10:20 Chair Exercise 9:30-10:30 Pilates 10:30-11:30 Chair Yoga 12:30-1:20 Chair Exercise 12:00-1:00 Zumba Fitness</p>	<p>9:00-10:00 Water Aerobics 9:30-10:20 Circuit Train 10:30-11:20 Jazzercise 11:30-12:20 Jazzercise 11:45-12:45 Tai Chi</p>	<p>9:30-10:20 Chair Exer 9:30-10:20 Jazzercise 10:30-11:30 Yoga 12:00-1:00 Tai Chi 12:00-1:00 Zumba</p>
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The above classes are on-going on a daily basis. For more information, please call Irene at 954-450-6888 to reserve your space. Space is limited so sign up early!