

HUMAN SERVICES DIVISION

Phone 954-450-6888 Fax 954-450-6899

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30-2:00 - VIP Class 9:15-10:15 - Tai Chi 10:30-11:20-Chair Exercise 12:30-1:20-Chair Exercise <i>11:00-12:00-Line Dance</i></p>	<p>9:00-10:00-Water Aerobics <i>9:30, 10:30 & 11:30-Jazzercise</i> 10-Speaker, (T o be announced)</p>	<p>9:30-2:00 - VIP Class 9:30-10:20-Chair Exercise 10:30-11:30-Chair Yoga 12:30-1:20-Chair Exercise</p>	<p>9:00-10:00-Water Aerobics <i>9:30, 10:30 & 11:30-Jazzercise</i></p>	<p>9:30-10:20-Chair Exercise 10:30-11:30 - Yoga 12:30-1:30-Tai Chi <i>9:30-10:20- Jazzercise</i></p>
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	<p><u>PLEASE NOTE:</u> <i>This print is for exercise in Gym 2</i> This print is for all exercise in GYM 1</p>			