



SENIOR MOTIONS

Instructor: Jancil Wooge

DATE	TIME	LOCATION
Sept. 10	7:30am-8:30am	MPRM 2
Sept. 12	7:30am-8:30am	MPRM 2
Sept. 14	7:30am-8:30am	MPRM 2
Sept. 17	7:30am-8:30am	MPRM 2
Sept. 19		NO CLASS
Sept. 21		NO CLASS
Sept. 24	7:30am-8:30am	MPRM 2
Sept. 26	7:30am-8:30am	MPRM 2
Sept. 28	7:30am-8:30am	MPRM 2
Oct. 1	7:30am-8:30am	MPRM 2
Oct. 3	7:30am-8:30am	MPRM 2
Oct. 5	7:30am-8:30am	MPRM 2
Oct. 8	7:30am-8:30am	MPRM 2
Oct. 10	7:30am-8:30am	MPRM 2
Oct. 12	7:30am-8:30am	MPRM 2
Oct. 15	7:30am-8:30am	MPRM 2
Oct. 17	7:30am-8:30am	MPRM 2
Oct. 19	7:30am-8:30am	MPRM 2
Oct. 22	7:30am-8:30am	MPRM 2
Oct. 24	7:30am-8:30am	MPRM 2
Oct. 26	7:30am-8:30am	MPRM 2
Oct. 29	7:30am-8:30am	MPRM 2
Oct. 31	7:30am-8:30am	MPRM 2
Nov. 2	7:30am-8:30am	MPRM 2
Nov. 5	7:30am-8:30am	MPRM 2
Nov. 7	7:30am-8:30am	MPRM 2
Nov. 9	7:30am-8:30am	MPRM 2
Nov. 12		NO CLASS - HOLIDAY
Nov. 14	7:30am-8:30am	MPRM 2
Nov. 16	7:30am-8:30am	MPRM 2
Nov. 19	7:30am-8:30am	MPRM 2
Nov. 21		NO CLASS - HOLIDAY
Nov. 23		NO CLASS - HOLIDAY
Nov. 26	7:30am-8:30am	MPRM 2
Nov. 28	7:30am-8:30am	MPRM 2
Nov. 30	7:30am-8:30am	MPRM 2

Please see back of schedule for additional information on guests, cancellation due to inclement weather.

*Participants must register for each session of senior aerobics before participating in the class.

GUEST OR CHILDREN ARE NOT ALLOWED TO BE BROUGHT TO CLASS.

*If Montgomery County Schools are delayed or closed due to inclement weather, class will be cancelled.

*If you have any questions or concerns, contact Tammy Caldwell, Supervisor of Senior of Senior & Special Populations at 382-2349, EXT. 2003 or by email: tcaldwell@christiansburg.org