



Senior Aerobics Winter Session

Instructor: Sonia Badillo

DATE	TIME	LOCATION
Jan. 7	7:30am-8:30am	MPRM 2
Jan. 9	7:30am-8:30am	MPRM 2
Jan. 11	7:30am-8:30am	MPRM 2
Jan. 14	7:30am-8:30am	MPRM 2
Jan. 16	7:30am-8:30am	MPRM 2
Jan. 18	HOLIDAY NO CLASS	
Jan. 21	HOLIDAY NO CLASS	
Jan. 23	7:30am-8:30am	MPRM 2
Jan. 25	7:30am-8:30am	MPRM 2
Jan. 28	7:30am-8:30am	MPRM 2
Jan. 30	7:30am-8:30am	MPRM 2
Feb. 1	7:30am-8:30am	MPRM 2
Feb. 4	7:30am-8:30am	MPRM 2
Feb. 6	7:30am-8:30am	MPRM 2
Feb. 8	7:30am-8:30am	MPRM 2
Feb. 11	7:30am-8:30am	MPRM 2
Feb. 13	7:30am-8:30am	MPRM 2
Feb. 15	7:30am-8:30am	MPRM 2
Feb. 18	HOLIDAY NO CLASS	
Feb. 20	7:30am-8:30am	MPRM 2
Feb. 22	7:30am-8:30am	MPRM 2
Feb. 25	7:30am-8:30am	MPRM 2
Feb. 27	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

