



SENIOR MOTIONS

Instructor: Jancil Wooge

DATE	TIME	LOCATION
Jan. 7	10:45-11:45am	MPRM 2
Jan. 9	10:45-11:45am	MPRM 2
Jan. 11	10:45-11:45am	MPRM 2
Jan. 14	10:45-11:45am	MPRM 2
Jan. 16	10:45-11:45am	MPRM 2
Jan. 18	HOLIDAY NO CLASS	
Jan. 21	HOLIDAY NO CLASS	
Jan. 23	10:45-11:45am	MPRM 2
Jan. 25	10:45-11:45am	MPRM 2
Jan. 28	10:45-11:45am	MPRM 2
Jan. 30	10:45-11:45am	MPRM 2
Feb. 1	10:45-11:45am	MPRM 2
Feb. 4	10:45-11:45am	MPRM 2
Feb. 6	10:45-11:45am	MPRM 2
Feb. 8	10:45-11:45am	MPRM 2
Feb. 11	10:45-11:45am	MPRM 2
Feb. 13	10:45-11:45am	MPRM 2
Feb. 15	10:45-11:45am	MPRM 2
Feb. 18	HOLIDAY NO CLASS	
Feb. 20	10:45-11:45am	MPRM 2
Feb. 22	10:45-11:45am	MPRM 2
Feb. 25	10:45-11:45am	MPRM 2
Feb. 27	10:45-11:45am	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

