



MARCH

Mon

CARDIO CIRCUIT
8:30AM | RM 108

AMERICAN SIGN LANGUAGE
10AM | RM 124

CROCHET
10AM | RM 102

FALL PREVENTION YOGA
10AM | RM 108

BRIDGE (SOCIAL)
12:10PM | RM 102

MARTIAL ARTS
12PM | RM 108

RESIN ART
1:30PM | RM 112

Tue

BEG. SEWING
10AM | RM 122

BEG. TAI CHI
10AM | RM 108

ADV. TAI CHI
11AM | RM 108

**CHOIR/VOLUNTEER
VOICES**
12PM | RM 102

ADV. LINE DANCING
12:30PM | RM 108

JEWELRY MAKING
1:30PM | RM 122

ZUMBA GOLD
1:50PM | RM 108

TONING
2:45PM | RM 108

Wed

CARDIO CIRCUIT
8:30AM | RM 108

CROCHET
10AM | RM 102

DIABETES EDUCATION
10AM | RM 122

SPANISH I
10:30AM | RM 124

SOCIAL MEDIA
11:30AM | RM 124

MARTIAL ARTS
12PM | RM 108

PAINTING
12:30PM | RM 122

RESIN ART
1:30PM | RM 112

TECHNOLOGY III
2PM | RM 124

Thu

BEG. TAI CHI
10AM | RM 108

ADV. TAI CHI
11AM | RM 108

BEG. LINE DANCING
12:30PM | RM 108

ZUMBA GOLD
1:50PM | RM 108

STRETCHING
2:40PM | RM 108

DRAWING
2:45PM | RM 122

Fri

CARDIO CIRCUIT
8:30AM | RM 108

CROCHET
10AM | RM 102

YOGA
10:30AM | RM 108

BRIDGE (SOCIAL)
12:10PM | RM 102

MEDITATION
12:15PM

JEWELRY MAKING
1:30PM | RM 122

409-838-1902 | 150 Magnolia Street | Downtown Beaumont