



FRIDAY, JULY 10		SATURDAY, JULY 11		MONDAY, JULY 13		TUESDAY, JULY 14	
9-9:45	Total Conditioning	10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-9:45	Strength Training
9:30-12	Drop In Chess			10-10:50	Easy Zumba	9:30-2	Draw with Val (V)
10-11	Yoga for You	11-11:45	Standing Strength and Balance	10-12	Managing Your Files	10-10:50	Forever Fit
11-12	Positive Aging (V)			10:30-11:30	The 1980's: 1986 (V)	10-11	Charcuterie Workshop
11:15-12	Easy Feet			11-12	Chair Exercise	10-12	Android Basic
11:15-12	Bilingual Yoga with a Chair			12:15-1:05	Total Body Sculpt	11-12	Aerobic Workout
12:15-1:15	Arthritis Foundation			1-2	Stress Reduction/Meditation	11-12	Geography: Baseball Coast to Coast (V)
1:30-3	Drop In Bridge			1-2	AI ChatGPT	1-2	Science Tuesdays
1:30-2:15	Zumba Gold			1-2	Table Tennis Beg. I	1-2	AI ChatGPT
2:30-3:30	30-Minute Stretch and Unwind			1:15-2	Balance Matters	1-2	Arthritis Foundation (V)
				2:15-3	Stretching and Flexibility Coach	1-2:30	Positive Aging (V)
						1:15-2	Beg. Pilates
						1:15-2:15	Cardio Motion
						1:30-2:25	Handbell #1
						1:30-3	Birthday Party
						1:30-3	Helping Hands
						2:30-3:15	Cardio Drum
						2:30-3:25	Handbells #2
						3:45-4:30	Kickboxing
WEDNESDAY, JULY 15		THURSDAY, JULY 16		FRIDAY, JULY 17		SATURDAY, JULY 18	
9-9:30	Body Blast	9-9:45	Strength Training	9-9:45	Total Conditioning	10-10:45	LaBlast Dance Fitness
10-10:50	Easy Zumba	9-12	Practice Lab	9:30-12	Drop In Chess	11-11:45	Standing Strength and Balance
10-11	Yoga for You	10-10:50	Forever Fit	10-11	Yoga for You		
10-12	July Recreation and Parks Month TRIVIA!	11-12	Aerobic Workout	11-12	Positive Aging (V)		
		11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet		
10-12	Android Basic	11:15-12	Chair Yoga	11:15-12	Bilingual Yoga with a Chair		
11-11:30	Stretch & Energize	12:05-12:50	Strength & Stability (V)	12:15-1:15	Arthritis Foundation		
12:15-1:05	Total Body Fit	12:45-1:45	Tai Chi Level 1	1-3:40	In Person Movie		
1:15-2	Balance Challenge	1-2	Arthritis Foundation	1:30-2:15	Zumba Gold		
2:15-3	Relax, Rejuvenate, Resonate	1-2:30	Positive Aging (V)	1:30-3	Drop In Bridge		
		1:30-2:30	Better Breather Club	2:30-3	30-Minute Stretch and Unwind		
7-10	RSI Bingo	1-3:40	In Person Movie				
		2-3	Tai Chi Level 2				
		3:30-4:45	Country Line Dance Party				
MONDAY, JULY 20		TUESDAY, JULY 21		WEDNESDAY, JULY 22		THURSDAY, JULY 23	
9-9:45	Total Conditioning	9-1:30	Piano Lessons	9-9:30	Body Blast	9-9:45	Strength Training
10-10:50	Easy Zumba	9-9:45	Strength Training	10-10:50	Easy Zumba	9-12	Practice Lab
10:30-11:30	1980's Movies: 1986 (V)	10-10:50	Forever Fit	10-11	Yoga for You	9:30-10:45	Book Club (V)
11-12	Chair Exercise	10-12	Using Quick Keys	10-11:30	Navigating Resources for Aging	10-10:50	Forever Fit
12:15-1:05	Total Body Sculpt	11-12	Aerobic Workout	10-12	Using Quick Keys	10-11:30	Fraud Bingo
1-2	Stress Reduction/Meditation	1-2	Arthritis Foundation	11-11:30	Stretch & Energize	11-12	Aerobic Workout
		1-2:30	Positive Aging(V)	12:15-1:05	Total Body Fit	11-12	Grupo de Apoyo Hispano
1-2	Table Tennis Beg. I	1:15-2	Beg. Pilates	1-2	Finding PC Malware	11:15-12	Chair Yoga
1:15-2	Balance Matters	1:15-2:15	Cardio Motion	1-2	Balance Challenge	12:05-12:50	Strength & Stability (V)
2:15-3	Stretching and Flexibility Coach	1:30-3	Helping Hands	1:15-2	Balance Challenge	12:45-1:45	Tai Chi Level 1
		1:30-2:25	Handbells #1	2:15-3	Relax, Rejuvenate, Resonate	1-2	Arthritis Foundation
		2:30-3:15	Cardio Drum		No RSI Bingo	1-2:30	Stronger from the Core (V)
		2:30-3:25	Handbells #2			2-3	Tai Chi Level 2
		3:45-4:30	Kickboxing			2-4	Mobile Market
		4-6	July Recreation & Parks Month PAINT & SIP!				



FRIDAY, JULY 24		SATURDAY, JULY 25		MONDAY, JULY 27		TUESDAY, JULY 28	
9-9:45	Total Conditioning	10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-9:45	Strength Training
9:30-12	Drop In Chess	11-11:45	Standing Strength and Balance	10-10:50	Easy Zumba	9-1:30	Piano Lessons
10-11	Yoga for You			10-12	iPad Basic	10-10:50	Forever Fit
11-12	Positive Aging (V)			10:30-11:30	Odessa Shannon & Earle B. Wood (V)	10-12	iPad Basic
11:15-12	Easy Feet			11-12	Chair Exercise	11-12	Aerobic Workout
11:15-12	Bilingual Yoga with a Chair			12:15-1:05	Total Body Sculpt	11-12	Stroytelling with Erin (V)
12:15-1:15	Arthritis Foundation			1-2	Stress Reduction/Meditation	1-2	Arthritis Foundation
1:30-3	Drop In Bridge			1-2	Wolves at Our Door (V)	1-2:30	Positive Aging (V)
1:30-2:15	Zumba Gold			1-2	Table Tennis Beg. I	1:15-2	Beg. Pilates
2:30-3	30-Minute Stretch and Unwind			1:15-2	Balance Matters	1:15-2:15	Cardio Motion
				2:15-3	Stretching and Flexibility Coach	1:30-2:25	Handbells #1
						1:30-3	Helping Hands
						2:30-3:15	Cardio Drum
						2:30-3:25	Handbells #2
						3:45-4:30	Kickboxing

WEDNESDAY, JULY 29		THURSDAY, JULY 30		FRIDAY, JULY 31	
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9-9:30	Body Blast	9-9:45	Strength Training	9-9:45	Total Conditioning	Rockville Senior Center 1150 Carnation Drive Rockville, MD 20850 seniorcenter@rockvillemd.gov rockvillemd.gov/seniorcenter 240-314-8800 Office Hours Monday-Friday 8:30 a.m.-5 p.m. Fitness Room Hours Monday-Thursday 7 a.m.-7 p.m. Friday 7 a.m.-5 p.m. Saturday 9 a.m.-3 p.m.
10-10:50	Easy Zumba	9-12	Practice Lab	9:30-12	Drop In Chess	
10-11	Take Charge of Prediabetes	10-10:50	Forever Fit	10-11	Yoga for You	
10-11	Yoga for You	10-11:30	Wise Wanderers	11-12	Positive Aging (V)	
11-11:30	Stretch & Energize	11-12	Aerobic Workout	11:15-12	Easy Feet	
10-12	Zoom Help	11-12	Grupo de Apoyo Hispano	11:15-12	Bilingual Yoga with a Chair	
12:15-1:05	Total Body Fit	11:15-12	Chair Yoga	12:15-1:15	Arthritis Foundation	
1:15-2	Balance Challenge	12:05-12:50	Strength & Stability (V)	1-3	In Person Movie	
1:15-4:15	July Recreation and Parks Month: RUMMIKUB TOURNAMENT!	12:45-1:45	Tai Chi Level 1	1:30-3	Drop In Bridge	
2:15-3	Relax, Rejuvenate, Resonate	1-2	Arthritis Foundation	1:30-2:15	Zumba Gold	
	No RSI Bingo	1-2:30	Positive Aging (V)	2:30-3	30-Minute Stretch and Unwind	
		1-3	In Person Movie			
		2-3	Tai Chi Level 2			