



SATURDAY, AUGUST 1		MONDAY, AUGUST 3		TUESDAY, AUGUST 4		WEDNESDAY, AUGUST 5	
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:30	Body Blast
11-11:45	Standing Strength and Balance	10-10:50	Easy Zumba	9-1:30	Piano Lessons	10-10:50	Easy Zumba
		10-12	Avoiding PC Scams	10-10:50	Forever Fit	10-11	Yoga for You
		10:30-11:30	1987: Decade of Transformation(V)	10-12	PC New Users	10-12	Windows Security
		11-12	Chair Exercise	1-2	Spot the Scam	10:30-2	All Aboard the Housing Tour
		12:15-1:05	Total Body Sculpt	1-2	Arthritis Foundation (V)	11-11:30	Stretch & Energize Mindful Flexibility
		1-2	Stress Reduction/ Meditation	1-2:30	Positive Aging (V)	12:15-1:05	Total Body Fit
		1-2	Table Tennis Beg. I	1:15-2	Beg. Pilates	1-2 10	Warning signs of Alzheimer's
		1:15-2	Balance Matters	1:15-2:15	Cardio Motion	1-2	Table Tennis Beg. II
		2:15-3	Stretching and Flexibility Coach	1:30-2:25	Handbells #1	1-3	Zoom Help
				1:30-3	Helping Hands Knitting	1:15-2	Balance Challenge
				2:30-3:15	Cardio Drumming	2:15-3	Relax, Rejuvenate, Resonate
				2:30-3:25	Handbells #2	7-10	RSI Bingo
				3:45-4:30	Kickboxing Club		
THURSDAY, AUGUST 6		FRIDAY, AUGUST 7		SATURDAY, AUGUST 8		MONDAY, AUGUST 10	
9-9:45	Strength Training	9-9:45	Total Conditioning	9-3	Drop In Programs	9-9:45	Total Conditioning
9-12	Practice Lab	9:30-12	Drop In Chess			10-10:50	Easy Zumba
10-10:50	Forever Fit	10-11	Yoga for You			10-12	All Things Google
10-12	Mosaic Art	11-12	Managing Stress (V)			10:30-11:30	1987 Movies based on Real People (V)
11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet			11-12	Chair Exercise
11:15-12	Chair Yoga	11:15-12	Bilingual Yoga with a Chair			12:15-1:05	Total Body Sculpt
12:05-12:50	Strength and Stability: Lunchtime Fitness (V)	12:15-1:15	Arthritis Foundation			1-2	Stress Reduction/ Meditation
12:45-1:45	Tai Chi Level 1	1-2	Table Tennis - Int.			1-2	Table Tennis Beg. I
1-2	Flower Arranging	1:30-2:15	Zumba Gold			1:15-2	Balance Matters
1-2	Arthritis Foundation (V)	1:30-4	Drop In Bridge			2:15-3	Stretching and Flexibility Coach
1-2:30	Positive Aging (V)	2:30-3	30-Minute Stretch and Unwind				
2-3	Tai Chi Level 2						

TUESDAY, AUGUST 11		WEDNESDAY, AUGUST 12		THURSDAY, AUGUST 13		FRIDAY, AUGUST 14	
9-9:45	Strength Training	9-9:30	Body Blast	9-9:45	Strength Training	9-9:45	Total Conditioning
9-1:30	Piano Lessons	10-10:50	Easy Zumba	9-12	Practice Lab		
10-10:50	Forever Fit	10-11	Yoga for You	10-10:50	Forever Fit	9:30-12	Drop In Chess
10-11:30	Caregiver Self-Care	10-11:30	Next Move or Not	10-12	Mosaic Art	10-11	Yoga for You
10-12	All Things Google	10-12	Backup & Restore PC	11-12	Grupo de Apoyo Hispano	11-12	Managing Stress (V)
1-2	Science Tuesdays(V)	11-11:30	Stretch & Energize Mindful Flexibility	11:15-12	Chair Yoga	11:15-12	Easy Feet
1-2	Arthritis Foundation (V)	12:15-1:05	Total Body Fit	12:05-12:50	Strength & Stability (V)	11:15-12	Bilingual Yoga with a Chair
1-2:30	Positive Aging (V)	1-2	Healthy Hacks	12:45-1:45	Tai Chi Level 1	12:15-1:15	Arthritis Foundation
1-3	Fused Glass	1-2	Table Tennis Beg. II	1-2	Arthritis Foundation (V)	1-2	Table Tennis Int.
1-3	Chromebook Basics	1-3	Chromebook Basics	1-2:30	Positive Aging(V)	1-3	In Person Movie
1:15-2	Beg. Pilates	1-15-2	Balance Challenge	1-3	In Person Movie	1:30-2:15	Zumba Gold
1:15-2:15	Cardio Motion	2:15-3	Relax, Rejuvenate, Resonate	2-3	Tai Chi Level 2	1:30-4	Drop In Bridge
1:30-2:25	Handbells #1	7-10	RSI Bingo			2:30-3	30-Minute Stretch and Unwind
1:30-3	Helping Hands Knitting						
2:30-3:15	Cardio Drumming						
2:30-3:25	Handbells #2						
3:45-4:30	Kickboxing Club						
SATURDAY, AUGUST 15		MONDAY, AUGUST 17		TUESDAY, AUGUST 18		WEDNESDAY, AUGUST 19	
10-10:45	LaBlast Dance Fitness	9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:30	Body Blast
11-11:45	Standing Strength and Balance	10-10:50	Easy Zumba	9-1:30	Piano Lessons	10-10:50	Easy Zumba
		10-12	Pictures to Device	10-10:50	Forever Fit	10-11	English Program Meet and Greet
		10:30-11:30	Montgomery County Schools named for Famous People	10-12	Android Basics	10-11	Yoga for You
		11-12	Chair Exercise	1-2	Arthritis Foundation (V)	10-12	Android Basics
		12:15-1:05	Total Body Sculpt	1-2:30	Positive Aging (V)	11-11:30	Stretch & Energize Mindful Flexibility
		1-2	Stress Reduction/ Meditation	1-3	Fused Glass	12:15-1:05	Total Body Fit
		1-3	Windows 11 Tips	1-3	Windows 11 Tips	1:15-2	Balance Challenge
		1:15-2	Balance Matters	1:15-2	Beg. Pilates	2:15-3	Relax, Rejuvenate, Resonate
		2:15-3	Stretching and Flexibility Coach	1:15-2:15	Cardio Motion	7-10	RSI Bingo
				1:30-2:25	Handbells #1		
				1:30-3	Helping Hands Knitting		
				2:30-3:15	Cardio Drumming		
				2:30-3:25	Handbells #2		
				3:45-4:30	Kickboxing Club		
THURSDAY, AUGUST 20		FRIDAY, AUGUST 21		SATURDAY, AUGUST 22		MONDAY, AUGUST 24	
9-9:45	Strength Training	9-9:45	Total Conditioning	9-3	Drop In Programs	10-10:50	Easy Zumba
9-12	Practice Lab	9:30-12	Drop In Chess			12:15-1:05	Total Body Sculpt
10-10:50	Forever Fit	10-11	Yoga for You			1-2	Stress Reduction/ Meditation
10-12	Mosaic Art	11-12	Managing Stress (V)			1:15-2	Balance Matters
11-12	Grupo de Apoyo Hispano	11:15-12	Easy Feet				
11:15-12	Chair Yoga	11:15-12	Bilingual Yoga with a Chair				
12:05-12:50	Strength & Stability (V)	12:15-1:15	Arthritis Foundation				
12:45-1:45	Tai Chi Level 1	1-3:15	In Person Movie				
1-2	Arthritis Foundation (V)	1:30-2:15	Zumba Gold				
1-2:30	Positive Aging (V)	1:30-4	Drop In Bridge				
1-3:15	In Person Movie	2:30-3	30-Minute Stretch and Unwind				
1:30-2:30	Better Breathers Club						
2-3	Tai Chi Level 2						
3:30-4:45	Country Line Dance Party						



TUESDAY, AUGUST 25		WEDNESDAY, AUGUST 26		THURSDAY, AUGUST 27		FRIDAY, AUGUST 28	
9–1:30	Piano Lessons	10-11	English Program	9-12	Practice Lab	9-9:45	Total
1-2	Arthritis		Meet and	10-12	Mosaic Art		Conditioning
	Foundation (V)		Greet (V)	11-12	Grupo de Apoyo	9:30-12	Drop In Chess
1-2:30	Friends at First	10-2	All Day Exercise		Hispano	10-11	Yoga for You
	Sight	1-2	Bingo!	11:15-12	Chair Yoga	11-12	Managing Stress
1-2:30	Positive Aging (V)	7–10	RSI Bingo	12:05-12:50	Strength &		(V)
1-3	Fused Glass				Stability (V)	11:15-12	Easy Feet
1:30-2:25	Handbells #1			1-2	Arthritis	11:15-12	Bilingual Yoga
1:30-3	Helping Hands				Foundation (V)		with a Chair
	Knitting			1-2:30	Small Steps, Big	12:15-1:15	Arthritis
2:30-3:25	Handbells #2				Impact (V)		Foundation
				1-2:30	Positive Aging (V)	1:30-2:15	Zumba Gold
				2:15-3	Harmony & Calm:	1:30-4	Drop In Bridge
					A Gentle Sound	2:30-3	30-Minute
							Stretch and
							Unwind
SATURDAY, AUGUST 29							
9-3	Drop In Programs					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.	