

September 2026 Parsippany Senior Center's Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 – Senior Fitness 10:30 – Chair Yoga	2 9:15 – T`ai Chi 10:30 – Line Dancing	3 9:15 – No Chair Yoga 10:30 – No Jazzercise	4 9:15 – T`ai Chi 10:30 – Grand Dancing	5
6 	7 Closed for Labor Day	8 9:15 – Senior Fitness 10:30 – Chair Yoga	9 9:15 – T`ai Chi 10:30 – Line Dancing	10 9:15 – NO Chair Yoga 10:30 – Jazzercise	11 9:15 – T`ai Chi 10:30 – Grand Dancing	12
13	14 9:15 – T`ai Chi 10:30 – Healthy Bones	15 9:15 – No Senior Fitness 10:30 – No Chair Yoga	16 9:15 – T`ai Chi 10:30 – Line Dancing	17 9:15 – No Chair Yoga 10:30 – Jazzercise	18 9:15 – T`ai Chi 10:30 – Grand Dancing	19
20	21 9:15 – T`ai Chi 10:30 – Healthy Bones	22 9:15 – No Senior Fitness 10:30 – No Chair Yoga	23 9:15 – T`ai Chi 10:30 – Line Dancing	24 9:15 – No Chair Yoga 10:30 – Jazzercise	25 9:15 – T`ai Chi 10:30 – Grand Dancing	26
27 	28 9:15 – T`ai Chi 10:30 – Healthy Bones	29 9:15 – Senior Fitness 10:30 – Chair Yoga	30 9:15 – T`ai Chi 10:30 – Line Dancing			