

# May 2026

# Parsippany Senior Center's Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:15 – T`ai Chi 10:30 – Grand Dancing	<b>2</b> 
<b>3</b>	<b>4</b> 9:15 – T`ai Chi 10:30 – Healthy Bones	<b>5</b> 9:15 – Senior Fitness 10:30 – Chair Yoga	<b>6</b> 9:15 – T`ai Chi 10:30 – Line Dancing	<b>7</b> 9:15 – Chair Yoga 10:30 - Jazzercise	<b>8</b> 9:15 – T`ai Chi 10:30 – Grand Dancing	<b>9</b>
<b>10</b>	<b>11</b> 9:15 – T`ai Chi 10:30 – Healthy Bones	<b>12</b> 9:15 – Senior Fitness 10:30 – Chair Yoga	<b>13</b> 9:15 – T`ai Chi 10:30 – Line Dancing	<b>14</b> 9:15 – Chair Yoga 10:30 - Jazzercise	<b>15</b> 9:15 – T`ai Chi 10:30 – Grand Dancing	<b>16</b>
<b>17</b>	<b>18</b> 9:15 – T`ai Chi 10:30 – Healthy Bones	<b>19</b> 9:15 – Senior Fitness 10:30 – Chair Yoga	<b>20</b> 9:15 – T`ai Chi 10:30 – Line Dancing	<b>21</b> 9:15 – Chair Yoga 10:30 - Jazzercise	<b>22</b> 9:15 – T`ai Chi 10:30 – Grand Dancing	<b>23</b>
<b>24</b> 	<b>25</b> <b>Closed for Memorial Day</b>	<b>26</b> 9:15 – Senior Fitness 10:30 – Chair Yoga	<b>27</b> 9:15 – T`ai Chi 10:30 – Line Dancing	<b>28</b> 9:15 – Chair Yoga 10:30 - Jazzercise	<b>29</b> 9:15 – T`ai Chi 10:30 – Grand Dancing	<b>30</b> 
<b>31</b> 						

