



SENIOR AEROBICS

Instructor: Sonia Badillio

DATE	TIME	LOCATION
Mar. 1	7:30-8:30am	MPRM 2
Mar. 4	7:30-8:30am	MPRM 2
Mar. 6	7:30-8:30am	MPRM 2
Mar. 8	7:30-8:30am	MPRM 2
Mar. 11	7:30-8:30am	MPRM 2
Mar. 13	7:30-8:30am	MPRM 2
Mar. 15	7:30-8:30am	MPRM 2
Mar. 18	7:30-8:30am	MPRM 2
Mar. 20	7:30-8:30am	MPRM 2
Mar. 22	7:30-8:30am	MPRM 2
Mar. 25	7:30-8:30am	MPRM 2
Mar. 27	7:30-8:30am	MPRM 2
Mar. 29	7:30-8:30am	MPRM 2
Apr. 1	7:30-8:30am	MPRM 2
Apr. 3	7:30-8:30am	MPRM 2
Apr. 5	7:30-8:30am	MPRM 2
Apr. 8	7:30-8:30am	MPRM 2
Apr. 10	7:30-8:30am	MPRM 2
Apr. 12	7:30-8:30am	MPRM 2
Apr. 15	7:30-8:30am	MPRM 2
Apr. 22	7:30-8:30am	MPRM 2
Apr. 24	7:30-8:30am	MPRM 2
Apr. 26	7:30-8:30am	MPRM 2
Apr. 29	7:30-8:30am	MPRM 2

Participants MUST register for the Summer Session before May 1, NO EXCEPTIONS.

Please see back of schedule for additional information on guests, cancellation due to inclement weather.

*Participants must register for each session of senior motions before participating in the class.

GUEST OR CHILDREN ARE NOT ALLOWED TO BE BROUGHT TO CLASS.

*If Montgomery County Schools are delayed or closed due to inclement weather, class will be cancelled.

*If you have any questions or concerns, contact Tammy Caldwell, Supervisor of Senior of Senior & Special Populations at 382-2349, EXT. 2003 or by email: tcaldwell@christiansburg.org

