



## Senior Aerobics – Winter 2026

DATE	TIME	LOCATION
Jan. 7	7-8 a.m.	MPRM 2
Jan. 9	7-8 a.m.	MPRM 2
Jan. 12	7-8 a.m.	MPRM 2
Jan. 14	7-8 a.m.	MPRM 2
Jan. 16	<b>NO CLASS</b>	MPRM 2
Jan. 19	<b>NO CLASS- HOLIDAY</b>	MPRM 2
Jan. 21	7-8 a.m.	MPRM 2
Jan. 23	7-8 a.m.	MPRM 2
Jan. 26	7-8 a.m.	MPRM 2
Jan. 28	7-8 a.m.	MPRM 2
Jan. 30	7-8 a.m.	MPRM 2
Feb. 2	7-8 a.m.	MPRM 2
Feb. 4	7-8 a.m.	MPRM 2
Feb. 6	7-8 a.m.	MPRM 2
Feb. 9	7-8 a.m.	MPRM 2
Feb. 11	7-8 a.m.	MPRM 2
Feb. 13	7-8 a.m.	MPRM 2
Feb. 16	<b>NO CLASS- HOLIDAY</b>	MPRM 2
Feb. 18	7-8 a.m.	MPRM 2
Feb. 20	7-8 a.m.	MPRM 2
Feb. 23	7-8 a.m.	MPRM 2

Participants must register for each session of senior aerobics 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 & Special Populations at 382-2349, EXT. 2003 or by email: [tcaldwell@christiansburg.org](mailto:tcaldwell@christiansburg.org)