

Habersham Co. Senior Center
 217 Scoggins Drive
 Demorest, GA 30535
 Phone: (706)839-0260

<https://www.habershamga.com/seniorcenter.cfm>

September 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 5:30 Power Yoga \$5 7:00 Social Ball room Dance	2 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	3 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	4 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
7 CLOSED 	8 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 5:30 Power Yoga \$5 7:00 Social Ball room Dance	9 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	10 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	11 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
14 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	15 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 5:30 Power Yoga \$5 7:00 Social Ball room Dance	16 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	17 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	18 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy Friday Night Dance @ 7:30
21 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	22 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 5:30 Power Yoga \$5 7:00 Social Ball room Dance	23 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	24 9:30 Yoga Stretch w/Linda 11:00 Chair Exercise w/Mason 7:00 Ball Room Dancing	25 9:30 Circuit w/Sandy 10:45 Stretching w/Sandy
28 9:30 Circuit w/Sandy 10:45 Move, Muscle and Mind w/Myra	29 8:45-9:30 Tai Chi 9:45 Cardio fit /Dance w/Myra 11:00 Chair Exercise w/Mason 5:30 Power Yoga \$5 7:00 Social Ball room Dance	30 9:30 Circuit w/Myra 10:45 Move, Muscle and Mind w/Myra	All exercisers will need to call 706-839-0260 to reserve a spot for all classes. You must sign a new waiver before entering the facility.	

Instructor Contact Information

Tai Chi
Brenda Sue Whitmire
770-316-2025

Silver Sneakers
Mon Linda Adams
706-754-7387

Wed Myra Chandler
706-778-6320

Fri Sandy Bunce
706-968-9058

Two left Feet
Beth Adams
706-778-9300

3rd Friday night dance
Carolyn Bowen
706-754-9329

Ball Room Dancing
Ramona Stowe 706-436-6748



CLOSED / HOLIDAYS
Monday, September 7
Labor Day Holiday