

WEEKLY SCHEDULE

of programs at the American Canyon Senior Center

Mondays

- FREE Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Sign Language Class | 11:30am – 12:30pm

Tuesdays

- FREE Pinochle Club | 10:30am – 2:00pm
- Senior Nutrition Program | 11:30am – 12:30pm
- Low Impact Dance | 1:00pm – 2:00pm
- Line Dancing with Evolution Soul | 7:00pm-9:00pm

Wednesdays

- FREE Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- Senior Nutrition Program | 11:30am – 12:30pm

Thursdays

- Watercolors Class | 9:00am – 11:00am
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Stitches Social Class | 12:30pm – 2:30pm

Fridays

- FREE Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- FREE Pinochle Club | 10:30am – 2:00pm
- Senior Nutrition Program | 11:30am – 12:30pm