

2018 PALMYRA COMMUNITY CENTER'S
FALL CLASS SCHEDULE

For more information on any of these classes, and registration forms, please call the PCC @ 597-550, stop in at 424 Stafford Street or visit our website at: www.palmyracommunitycenter.org

Sunday's:

Boot Camp Class 9:30am – 11:00am

Monday's:

Silver Sneakers Circuit 9:00am – 9:45am

Silver Sneakers Classic 10:00am - 10:45am

Tuesday's:

Get Fit with Kristi 8:00am – 9:00am

Silver Sneakers Yoga 9:00am – 9:45am

Zumba Gold 9:00am – 10:00am

Taekwondo @ the Palmyra Town Hall 6:30pm – 8:00pm

Wednesday's:

Silver Sneakers Circuit 9:00am – 9:45am

Silver Sneakers Classic 10:00am - 10:45am

Kristi's Get Fit @ the Palmyra Town Hall 6:00pm – 7:00pm

(Free Palmyra & Macedon Community Exercise Class – All Ages)

Thursday's:

Silver Sneakers Cardio Fit 9:00am – 9:45am

Stability Ball 10:00am – 11:00am

Friday's:

Silver Sneakers Circuit 9:00am – 9:45am

Silver Sneakers Classic 10:00am – 10:45am

Taekwondo @ the Palmyra Town Hall 7:00pm – 8:30pm

Saturday's:

Zumba @ the Palmyra Town Hall 8:00am – 9:00am

Taekwondo @ the Palmyra Town Hall 10:00am – 11:30am

UPDATED 09/04/18