Perquimans County Senior Citizens Center Activity Calendar-Prior Registration is Required: 426-5404

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
		Center Open 8:30am to 4:0	 mq00	
Exercise Class	Line Dancing	Exercise Class	Rocks	Exercise Class
9:30-10:30am	10:00-11:00am	9:30am-10:30am	9:00-11:00am	9:30-10:30am
	1	1	1	1
	2	2	2	2
	3	3	3	3
	4	4	4	4
	5	5	5	5
	6	6	6	6
	7	7	7	7
	8	8	8	8
	9	9	9	9
0	10	10	10	10
1		11		11
2		12		12
3		13 14		13 14
Fitness Room	Fitness Room	Fitness Room	Fitness Room	Fitness Room
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am
Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
. NuStep	3. NuStep	3. NuStep	3. NuStep	3. NuStep
. Nustep	4. NuStep	4. NuStep	4. NuStep	4. NuStep
r other:	or other:	or other:	or other:	or other:
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
. NuStep	3. NuStep	3. NuStep	3. Nustep	3. Nustep
Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
r other:	or other:	or other:	or other:	or other:

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| Fitness Room |
|--------------|--------------|--------------|--------------|--------------|
| 1:00-1:45pm | 1:00-1:45pm | 1:00-1:45pm | 1:00-1:45pm | 1:00-1:45pm |
| 1. Treadmill | 1.Treadmill | 1.Treadmill | 1.Treadmill | 1.Treadmill |
| 2. Treadmill | 2.Treadmill | 2. Treadmill | 2. Treadmill | 2. Treadmill |
| 3. NuStep |
| 1. Nustep | 4. NuStep | 4. NuStep | 4. Nustep | 4. Nustep |
| or other: |
2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm	2:00-2:45pm
1. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
2. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
3. NuStep				
1. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
or other:				
3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm
L. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
2. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
B. NuStep	3. NuStep	3. NuStep	3. Nustep	3. Nustep
1. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
or other:				
	Game Room		Game Room	
	9:00-11:00am		9:00-11:00am	
	1		1	
	2		2	
	3		3	
	4		4	
Game Room				
1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm	1:00-4:00pm
1	1	1	1	1
	2	2	2	2
<u> </u>	3	3	3	3
1	4	4	4	4
		<u> </u>	•	

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Computer Lab	Computer Lab	Computer Lab	Computer Lab	Computer Lab
8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am	8:30-9:30am
1	1	1	1	1
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
1	1	1	1	1
1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm	1:15-2:30pm
1	1	1	1	1
2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm	2:45-4:00pm
1	1	1	1	1
Table Games & Gardeners	Zumba	Table Games	TAI' CHI	Table Games
1:00-4:00pm	2:00-3:00pm	1:00-4:00pm	2:00-3:00pm	1:00-4:00pm
1	1	1	1	1
2	2	2	2	2
3	3	3	3	3
4	4	4	4	4
5	5	5	5	5
6	6	6	6	6
7	7	7	7	7
8	8	8	8	8
9	9	9	9	9
10	10	10	10	10
11				
12				
		Center Closed from 11:00	am. To 1pm	