

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

Monday, April 26	Tuesday, April 27	Wednesday, April 28	Thursday, April 29	Friday, April 30
Center Open 8:30am to 4:00pm				
WWE 8:30am		WWE 8:30am		WWE 8:30am
Exercise Class	Line Dancing	Exercise Class	Drums Alive	Exercise Class
9:30-10:30am	10:00-11:00am	9:30am-10:30am	9:30-11:30am	9:30-10:30am
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	11	11	11	11
12	12	12	12	12
13	13	13	13	13
14	14	14	14	14
15	15	15	15	15
16	16	16	16	16
17	17	17	17	17
18	18	18	18	18
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
1. Treadmill	1. Treadmill	1. Treadmill	1. Treadmill	1. Treadmill
2. Treadmill	2. Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
3. NuStep	3. NuStep	3. NuStep	3. NuStep	3. NuStep
4. Nustep	4. NuStep	4. NuStep	4. NuStep	4. NuStep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other

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Fitness Room	Fitness Room	Fitness Room	Fitness Room	Fitness Room
9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am	9:45-10:45am
1. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
2. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
3. NuStep	3. NuStep	3. NuStep	3. Nustep	3. Nustep
4. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other
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	3. NuStep	3. NuStep	3. Nustep	3. Nustep
4. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. 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	3. NuStep	3. NuStep	3. Nustep	3. Nustep
4. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other
3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm	3:00-3:45pm
1. Treadmill	1.Treadmill	1.Treadmill	1.Treadmill	1.Treadmill
2. Treadmill	2.Treadmill	2. Treadmill	2. Treadmill	2. Treadmill
3. NuStep	3. NuStep	3. NuStep	3. Nustep	3. Nustep
4. Nustep	4. NuStep	4. NuStep	4. Nustep	4. Nustep
5. Other	5. Other	5. Other	5. Other	5. Other
6. Other	6. Other	6. Other	6. Other	6. Other

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	Table Games 1:00-4:00pm	Zumba 2:00-3:00pm	Table Games 1:00-4:00pm	Acrylic Painting 1:30 - 3:30pm	Table Games 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		11	11	11	11
12		12	12	12	12
13		13	13	TA' CHI	13
14		14	14	2:00-3:00pm	14
15		15	15	1	15
16		16	16	2	16
17		17	17	3	17
18		18	18	4	18
Center Closed from 11:00am. To 1pm					