

September 2026 Parsippany Senior Center's Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 – Chair Yoga 10:30 – Jazzercise	2 9:15 – T`ai Chi 10:30 – Grand Dancing	3 
4	5 9:15 – T`ai Chi 10:30 – Healthy Bones	6 9:15 – Senior Fitness 10:30 – Chair Yoga	7 9:15 – T`ai Chi 10:30 – Line Dancing	8 9:15 – Chair Yoga 10:30 – Jazzercise	9 9:15 – T`ai Chi 10:30 – Grand Dancing	10
11	12 Closed for Columbus Day	13 9:15 – Senior Fitness 10:30 – Chair Yoga	14 9:15 – T`ai Chi 10:30 – Line Dancing	15 9:15 – Chair Yoga 10:30 – Jazzercise	16 9:15 – T`ai Chi 10:30 – Grand Dancing	17
18	19 9:15 – T`ai Chi 10:30 – Healthy Bones	20 9:15 – Senior Fitness 10:30 – Chair Yoga	21 9:15 – T`ai Chi 10:30 – Line Dancing	22 9:15 – Chair Yoga 10:30 – Jazzercise	23 9:15 – T`ai Chi 10:30 – Grand Dancing	24
25 	26 9:15 – T`ai Chi 10:30 – Healthy Bones	27 9:15 – Senior Fitness 10:30 – Chair Yoga	28 9:15 – T`ai Chi 10:30 – Line Dancing	29 9:15 – Chair Yoga 10:30 – Jazzercise	30 9:15 – T`ai Chi 10:30 – Grand Dancing	31 