

August 2026

Parsippany Senior Center's Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3 9:15 – T`ai Chi 10:30 – Healthy Bones	4 9:15 – Senior Fitness 10:30 – Chair Yoga	5 9:15 – T`ai Chi 10:30 – Line Dancing	6 9:15 – Chair Yoga 10:30 - Jazzercise	7 9:15 – T`ai Chi 10:30 – Grand Dancing	8
9 	10 9:15 – T`ai Chi 10:30 – Healthy Bones	11 9:15 – No Senior Fitness 10:30 – Chair Yoga	12 9:15 – T`ai Chi 10:30 – Line Dancing	13 9:15 – Chair Yoga 10:30 - Jazzercise	14 9:15 – T`ai Chi 10:30 – Grand Dancing	15 
16	17 9:15 – T`ai Chi 10:30 – Healthy Bones	18 9:15 – Senior Fitness 10:30 – Chair Yoga	19 9:15 – T`ai Chi 10:30 – Line Dancing	20 9:15 – Chair Yoga 10:30 - Jazzercise	21 9:15 – T`ai Chi 10:30 – Grand Dancing	22
23	24 9:15 – T`ai Chi 10:30 – Healthy Bones	25 9:15 – Senior Fitness 10:30 – Chair Yoga	26 9:15 – T`ai Chi 10:30 – Line Dancing	27 9:15 – Chair Yoga 10:30 - Jazzercise	28 9:15 – T`ai Chi 10:30 – Grand Dancing	29
	31 9:15 – T`ai Chi 10:30 – Healthy Bones					

--	--	--	--	--	--	--