

June 2026

Parsippany Senior Center's Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15 – T'ai Chi 10:30 – Healthy Bones	2 9:15 – Senior Fitness 10:30 – Chair Yoga	3 9:15 – T'ai Chi 10:30 – Line Dancing	4 9:15 – Chair Yoga 10:30 – Jazzercise	5 9:15 – T'ai Chi 10:30 – Grand Dancing	
7	8 9:15 – T'ai Chi 10:30 – Healthy Bones	9 9:15 – Senior Fitness 10:30 – Chair Yoga	10 9:15 – T'ai Chi 10:30 – Line Dancing	11 9:15 – Chair Yoga 10:30 – Jazzercise	12 9:15 – T'ai Chi 10:30 – Grand Dancing	13
14	15 9:15 – T'ai Chi 10:30 – Healthy Bones	16 9:15 – Senior Fitness 10:30 – Chair Yoga	17 9:15 – T'ai Chi 10:30 – Line Dancing	18 9:15 – Chair Yoga 10:30 – Jazzercise	19 9:15 – T'ai Chi 10:30 – Grand Dancing	20
21 	22 9:15 – T'ai Chi 10:30 – Healthy Bones	23 9:15 – Senior Fitness 10:30 – Chair Yoga	24 9:15 – T'ai Chi 10:30 – Line Dancing	25 9:15 – Chair Yoga 10:30 – Jazzercise	26 9:15 – T'ai Chi 10:30 – Grand Dancing	27 
28 	29 9:15 – T'ai Chi 10:30 – Healthy Bones	30 9:15 – Senior Fitness 10:30 – Chair Yoga				

