

MANCINI CENTER DAILY SCHEDULE

Monday:

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards
10:00 AM: BoneBuilders w/Peter
10:00 AM - 12:00 PM: Bocce Free Play
11:00 AM: Mat Yoga w/Amy
1:00 PM: Zumba w/Fran
1:00 PM - 3:00 PM: Mah Jongg Free Play
2:00 PM: Line Dancing w/Fran



Tuesday:

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards
9:00 AM: Tai Chi w/Bob
11:30 AM: Forever Fit w/Sue
1:00 PM: Arthritis Exercise w/Maria
2:00 PM: SilverSneakers w/Maria



Wednesday:

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards
9:00 AM: Forever Fit w/Sue
9:30 AM - 11:30 AM: Quilting w/Elaine
10:00 AM: Arthritis Exercise w/Sue
11:00 AM: Meditation w/Mary
1:00 PM: Sit Fit & Strong w/Fran
1:00 PM - 3:00 PM: Mah Jongg Free Play



Thursday:

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Zumba w/Sue
10:00 AM - 12:00 PM: Bocce Free Play
11:00 AM: BoneBuilders w/Peter
12:30 PM: Line Dancing w/Fran



Friday:

9:00 AM - 3:00 PM: Fitness Center
9:00 AM - 3:00 PM: Open Billiards
10:00 AM: Mat Yoga w/Amy
1:00 PM - 3:00 PM: Mah Jongg Free Play