



Tai Chi

Starts April - Spring Quarter

T and/or TH : 1:30-2:30 pm \$30 - 10 wks
T (Level II) : 2:45-3:45 pm \$30 - 10 wks

If the center cancels class (i.e. weather), a make-up date will be provided. If make-ups are not needed, instructor may opt to offer drop-in classes @ \$3/class for additional dates after the 10 weeks.

Calendar subject to change.

April 2019						
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Register and pay for classes in person at the Frederick Senior Center. Cash, Check and Credit card payments are accepted. Classes are not prorated for late starts/absences. Members participate at their own risk. Center policies apply to all classes.

Credit cards accepted through the online store at <http://frederickcountymd-gov.3dcartstores.com/>

Line Dancing

Starts April - Spring Quarter

Wednesdays 1:30– 2:45 pm \$30 - 10 wks

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Fun
Lower Impact
Improve balance, strength, flexibility



Starts April - Spring Quarter

M: 12:00-1:00 pm

W: 12:15-1:15 pm

Sign up 1x/wk - \$30, 2x/wk - \$60

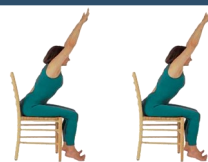
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Chair Yoga

Starts April - Spring Quarter

T and/or TH 12:15- 1:15 pm

Sign up 1x week - \$30 or 2x week - \$60

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Social Square Dance

Starts April - Spring Quarter

TH: 2:45-3:45 pm

Sign up 1x/wk - \$30—10 weeks

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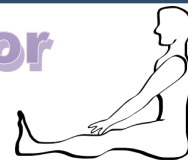
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Gentle Floor Yoga



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Ballroom

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M: 1:30– 2:30 pm

Sign up 1x week - \$30

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