



Tamarisk Exercise Schedule

Mondays 10:15am

Balance Program-CR

Tuesdays 10:15am

Senior Stretch Strength & Condition-CR

11:00am Fitness Time

-Fitness center 2 Fl

Wednesdays 10:00am

Tai Chi -

Community Room

Thursdays 8:30 - 3:00

Massage Therapy and Reflexology

&

10:15am Chair Yoga

-Renaissance

Fridays 10:15am

Senior Stretch Strength & Condition-CR

11:00am Fitness Time

-Fitness center 2 Fl