



Tamarisk Exercise Schedule

Mondays 10:15

Senior Stretch Strength & Condition-CR

11:00 Fitness Time

-Fitness center 2 Fl

Tuesdays 10:15

Senior Stretch Strength & Condition-CR

11:00 Fitness Time

-Fitness center 2 Fl

Wednesdays 10:00

Tai Chi -

Community Room

Thursdays 8:30 - 3:00

Massage Therapy & Reflexology

Fridays 10:15

Senior Stretch Strength & Condition-CR

11:00 Fitness Time

-Fitness center 2 Fl