	Wheaton F	ifty Fit (55+) July 2024 - Summer Se	ession	
	Dates/Times/Location	s of 55+ programs may be subject to change without	out prior notice.	
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:05am Baile Conmigo! 10am Muscle UP! 10am Beginners Spanish 10am Social Line Dance 11am Intro to Spanish 11:30am 55+ Stronger Bones 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance	9:05am Full Body Workout 10am Intermediate Spanish 11am Zumba 12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga  9:05am Full Body Workout(Cancelled) 10am Intermediate Spanish 11am Zumba(Cancelled)	9:30am Wheaton Walks 9:30am Chinese Dance & Fitness 11am 55+ Superpower Dance Circle 12pm Lunch 1pm Ballroom/Line Dance 2:15pm 55+ Beginners Ballet  10  9:30am Wheaton Walks 9:30am Chinese Dance & Fitness 11am 55+ Superpower Dance	55+ Programs Cancelled- Independence Day  11 10am Beginners English 12pm Lunch 1pm Ballroom/Line Dance	9:45am Zumba 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long 12pm Lunch 1pm Qigong 3pm Yoga Para Todos  12  9:45am Zumba(Cancelled) 10am Conversational Spanish 11am Wheaton Karaoke/Sing-a-Long
10am Social Line Dance 11am Intro to Spanish 11:30am 55+ Stronger Bones 12pm Lunch 1pm Chinese Folk Dance 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold(Cancelled) 2:30pm Yuan Chi Dance	12pm Lunch 1:30pm 55+ Beginners Ballet 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga	Circle(Cancelled) 12pm Lunch 1pm Ballroom/Line Dance 2:15pm 55+ Beginners Ballet	1pm Let's Practice Ukulele! Club 1pm Jewelry Club 2pm Zumba(Cancelled) 3pm 55+ Yoga	12pm Lunch 1pm Qigong 3pm Yoga Para Todos
	*Participants must be re	egistered prior to participating in any Wheat	ton 55+ program.	
Senior Center Director	Meals on Wheels Lunch program		Wheaton Senior Center	
Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov	Must register and make reservations prior to participating  240-773-4833 (Leave detailed message) wheatonseniors@gmail.com-Email		240-773-4830  Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com	
MONTGOMERY COUNTY Recreation		Wheaton Senior Center		





## Wheaton Fifty Fit (55+) July 2024 - Summer Session

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.				
	Wednesday			

		is of 55+ programs may be subject to change with	<u> </u>	
Monday	Tuesday 16	Wednesday	Thursday	Friday
9:05am Baile Conmigo!	9:05am Full Body Workout	9:30am Wheaton Walks	10am Beginners English	9:45am Zumba
10am Muscle UP!	10am Intermediate Spanish	9:30am Chinese Dance & Fitness	12pm Lunch	10am Conversational Spanish
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10am Beginners Spanish	10am Memoir Writing	11am 55+ Superpower Dance Circle	1pm Ballroom/Line Dance	11am Wheaton Karaoke/Sing-a-Long
10am Social Line Dance	11am Zumba	12pm Lunch	1pm Let's Practice Ukulele! Club	12pm Lunch
11am Intro to Spanish	12pm Lunch	1pm Ballroom/Line Dance	1pm Jewelry Club(Cancelled)	1pm Qigong
11:30am 55+ Stronger Bones	1:30pm 55+ Beginners Ballet	2:15pm 55+ Beginners Ballet	2pm Zumba	3pm Yoga Para Todos
12pm Lunch	1 pm-3pm Needles & Yarn		3pm 55+ Yoga	
1pm Chinese Folk Dance	3pm 55+ Chair Yoga			
1pm-3pm Neeles & Yarn				
1:30pm Zumba Gold				
2:30pm Yuan Chi Dance				
22	23	24	25	26
9:05am Baile Conmigo!	9:05am Full Body Workout	9:30am Wheaton Walks	10am Beginners English	9:45am Zumba
10am Muscle UP!	10am Intermediate Spanish	9:30am Chinese Dance & Fitness	12pm Lunch	10am Conversational Spanish
10am Beginners Spanish	10am Memoir Writing	11am 55+ Superpower Dance Circle	1pm Ballroom/Line Dance	11am Wheaton Karaoke/Sing-a-Long
10am Social Line Dance	11am Zumba	12pm Lunch	1pm Let's Practice Ukulele! Club	11am Painting Club
11am Intro to Spanish	12pm Lunch	1pm Ballroom/Line Dance	1pm Jewelry Club	12pm Lunch
11:30am 55+ Stronger Bones	1:30pm 55+ Beginners Ballet	2:15pm 55+ Beginners Ballet	2pm Zumba	1pm Qigong
12pm Lunch	1pm-3pm Needles & Yarn	5pm Mixed Level Yoga Flow	3pm 55+ Yoga	3pm Yoga Para Todos
1pm Chinese Folk Dance	3pm 55+ Chair Yoga			
1pm-3pm Neeles & Yarn				
1:30pm Zumba Gold				
2:30pm Yuan Chi Dance				
29	30	31		
9:05am Baile Conmigo!	9:05am Full Body Workout	9:30am Wheaton Walks		
10am Muscle UP!	10am Intermediate Spanish	9:30am Chinese Dance & Fitness		
10am Beginners Spanish	11am Zumba	11am 55+ Superpower Dance Circle		
10am Social Line Dance	12pm Lunch	11:30am 55+ Stronger Bones		
11am Intro to Spanish	1:30pm 55+ Beginners Ballet	12pm Lunch		
11:30am 55+ Stronger Bones	1pm-3pm Needles & Yarn	1pm Ballroom/Line Dance		
12pm Lunch	3pm 55+ Chair Yoga(Cancelled)	2:15pm 55+ Beginners Ballet		
1pm Chinese Folk Dance		5pm Mixed Level Yoga Flow		
1pm-3pm Neeles & Yarn		1		
1:30pm Zumba Gold(Cancelled)				
2:30pm Yuan Chi Dance				