Wheaton Fifty Fit (55+) April 2025-Spring Session Dates/Times/Locations of 55+ programs may be subject to change without prior notice. Monday Tuesday Wednesday Thursday Friday 4 9:05am Full Body Workout **UMD Nursing Program-at Wheaton UMD Nursing Program-at Wheaton** 9:45am Zumba 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Zumba 10am Conversational Spanish 11am Zumba 9:05-9:40am Cardio Dance Fitness 12pm Lunch 10:45am Tai Chi 12pm Lunch 9:30am Wheaton Walks 1pm Ballroom/Line Dance 11am Painting Club 11am Self Defense 1:30pm 55+ Beginners Ballet 9:45am Yogalates 1pm Let's Practice Ukulele! Club 1pm-3pm Needles & Yarn 10am Memoir Writing 12pm Lunch 1pm Jewelry Club 1pm Qigong 3pm 55+ Chair Yoga 11:05am 55+ Superpower Dance Circle 1:15pm-2:15pm Why I Rec?-55+ Audition 12pm Lunch 3pm 55+ Yoga 1:30pm Muscle UP! 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+ 10 11 9:05am Dance with Me! 9:05am Full Body Workout **UMD Nursing Program-at Wheaton UMD Nursing Program-at Wheaton** 9:45am Zumba 10am 55+ Yoga 10am Intermediate Spanish 9am Chinese Dance & Fitness 11am Zumba 10am Conversational Spanish 10am Beginners Spanish 11am Zumba 9:05-9:40am Cardio Dance Fitness 12pm Lunch 10:45am Tai Chi 1pm Ballroom/Line Dance 12pm Lunch 12pm Lunch 9:30am Wheaton Walks 11am Painting Club 1:30pm 55+ Beginners Ballet 9:45am Yogalates 1pm Let's Practice Ukulele! Club 11am Self Defense 1pm-4pm Mahjongg 1pm Chinese Folk Dance 1pm-3pm Needles & Yarn 10am Memoir Writing 1pm Jewelry Club 12pm Lunch 1pm Qigong 1pm-3pm Neeles & Yarn 3pm 55+ Chair Yoga 11:05am 55+ Superpower Dance Circle 3pm 55+ Yoga 1:30pm Zumba Gold 12pm Lunch 1:30pm Muscle UP! 2:30pm Yuan Chi Dance 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+ *Participants must be registered prior to participating in any Wheaton 55+ program. **Senior Center Director Wheaton Senior Center** Meals on Wheels Lunch program Must register and make reservations prior to participating 240-773-4830 Alex Alcon 240-773-4829 Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com alejandro.alcon@montgomerycountymd.gov 240-773-4833 (Leave detailed message)





		_
Wheaton Fifty	ty Fit (55+) April 2025-Spring Session	

Dates/Times/Locations of 55+ programs may be subject to change without prior notice.						
Monday				Friday		
Monday 14	Tuesday 15	Wednesday 16	Thursday	Friday 18		
9:05am Dance with Me!	9:05am Full Body Workout	UMD Nursing Program-at Wheaton	UMD Nursing Program-at Wheaton	9:45am Zumba		
10am 55+ Yoga	10am Intermediate Spanish	9am Chinese Dance & Fitness	11am Zumba	10am Conversational Spanish		
10am Beginners Spanish	11am Zumba	9:05-9:40am Cardio Dance Fitness	12pm Lunch	10:45am Tai Chi		
12pm Lunch	12pm Lunch	9:30am Wheaton Walks	1pm Ballroom/Line Dance	11am Painting Club		
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	9:45am Yogalates	1pm Let's Practice Ukulele! Club	12pm Lunch		
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	10am Memoir Writing	1pm Jewelry Club	1pm Qigong		
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga	11:05am 55+ Superpower Dance Circle	1pm Chat w/ Senior Center Director	1:30pm Muscle UP!		
1:30pm Zumba Gold	-	12pm Lunch	3pm 55+ Yoga	110		
2:30pm Yuan Chi Dance		1pm-4pm Mahjongg				
		1pm Ballroom/Line Dance				
		2:15pm Ballet I for 55+				
21	22	23	24	25		
9:05am Dance with Me!	9:05am Full Body Workout	UMD Nursing Program-at Wheaton	UMD Nursing Program-at Wheaton	9:45am Zumba(Cancelled)		
10am 55+ Yoga	10am Intermediate Spanish	9am Chinese Dance & Fitness	11am Zumba	10am Conversational Spanish		
10am Beginners Spanish	11am Zumba	9:05-9:40am Cardio Dance Fitness	12pm Lunch	10:45am Tai Chi		
12pm Lunch	12pm Lunch	9:30am Wheaton Walks	1pm Ballroom/Line Dance	11am Painting Club		
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	9:45am Yogalates	1pm Let's Practice Ukulele! Club	12pm Lunch		
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	10am Memoir Writing	1pm Jewelry Club	1pm Qigong		
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga	11:05am 55+ Superpower Dance Circle	3pm 55+ Yoga	1:30pm Muscle UP!		
1:30pm Zumba Gold		12pm Lunch				
2:30pm Yuan Chi Dance		1pm-4pm Mahjongg				
		1pm Ballroom/Line Dance				
		2:15pm Ballet I for 55+				
28 9:05am Dance with Me!	9:05am Full Body Workout	9am Chinese Dance & Fitness				
10am 55+ Yoga(Cancelled)	10am Intermediate Spanish	9:05-9:40am Cardio Dance Fitness				
10am Beginners Spanish	11am Zumba(Cancelled)	9:30am Wheaton Walks				
12pm Lunch	12pm Lunch	9:45am Yogalates(Cancelled)				
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	10am Memoir Writing				
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	11:05am 55+ Superpower Dance Circle				
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga(Cancelled)	12pm Lunch				
1:30pm Zumba Gold	Spill 33+ Chail Toga(Calicelleu)	1pm-4pm Mahjongg				
2:30pm Yuan Chi Dance						
2.30pm Tuan Cm Dance		1pm Ballroom/Line Dance 2:15pm Ballet I for 55+				