## Redwood Community Center Upland Park, 280 6th St., Brookhaven PA 19015

## **Any Questions Call:**

Redwood Coordinator: Brooke Kempczynski 610-891-6061/ KempczynskiB@co.delaware.pa.us





Monday	Tuesday	Wednesday	Thursday	Friday
Pilates w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	1 Improv Dance w/ Deanie 10-11  Baby Boomers 11-1  Tuesday Dance w/ DJ Steve 1-3	Cardio Drumming 10:45-11:45 Chair Yoga 12-1 Zumba 1:30-2:30	Parkside Senior 9-3	4 Tai Chi 12-1:15
7 Fitness w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	8 Beginners Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	9 Cardio Drumming 10:45-11:45 Chair Yoga 12-1 Zumba 1:30-2:30	Parkside Senior 9-3	11 Tai Chi 12-1:15
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Fitness w/ Deanie 11-12 Line Dancing w/Mary Ellen 12:30-2:30	22  Beginners Dance w/ Deanie 10-11  Baby Boomers 11-1  Tuesday Dance w/ DJ Steve 1-3	23  Cardio Drumming 10:45-11:45  Chair Yoga 12-1  Zumba 1:30-2:30	Senior Games Registration Kick off 10-12  Thursday Night Dance 6-9	25 Tai Chi 12-1:15
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