	Whea	ton Fifty Fit (55+) July 2025-Summer S	ession				
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.							
Monday	Tuesday	Wednesday	Thursday	Friday			
	1	2	3	4			
	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(Cancelled)	9am Chinese Dance & Fitness 9:05-9:40am Cardio Dance Fitness 9:30am Wheaton Walks 9:45am Yogalates(Cancelled) 10am Memoir Writing 11:05am 55+ Superpower Dance Circle 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance 2:15pm Ballet I for 55+	10am Laughter Yoga 11am Zumba 12pm Lunch 1pm Ballroom/Line Dance 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	Wheaton Senior Center Closed Independence Day			
7	8	9	10	11			
9:05am Dance with Me!(Cancelled) 10am 55+ Yoga(Cancelled) 10am Beginners Spanish 12pm Lunch 1pm-4pm Mahjongg 1pm Chinese Folk Dance(Cancelled) 1pm-3pm Neeles & Yarn 1:30pm Zumba Gold 2:30pm Yuan Chi Dance(Cancelled)	9:05am Full Body Workout(Cancelled) 10am Intermediate Spanish 11am Zumba(Cancelled) 12pm Lunch 1:30pm 55+ Beginners Ballet(Cancelled) 1pm-3pm Needles & Yarn 3pm 55+ Chair Yoga(Cancelled)	9am Chinese Dance & Fitness(Cancelled) 9:05-9:40am Cardio Dance Fitness(Cancelled) 9:30am Wheaton Walks 9:45am Yogalates(Cancelled) 10am Memoir Writing 11:05am 55+ Superpower Dance Circle(Cancelled) 12pm Lunch 1pm-4pm Mahjongg 1pm Ballroom/Line Dance(Cancelled) 2:15pm Ballet I for 55+(Cancelled)	10am Laughter Yoga(Cancelled) 11am Zumba(Cancelled) 12pm Lunch 1pm Ballroom/Line Dance(Cancelled) 1pm Let's Practice Ukulele! Club 1pm Jewelry Club	9:45am Zumba(Cancelled) 10am Conversational Spanish 10:45am Tai Chi 11am Painting Club 11am Beginners English 12pm Lunch 1pm Qigong(Cancelled) 1:30pm Muscle UP!			
	*Participants must	be registered prior to participating in any Whee	aton 55+ program.				
Senior Center Director	Meals on Wheels Lunch program Must register and make reservations prior to participating		Wheaton Senior Center 240-773-4830				
Alex Alcon 240-773-4829 alejandro.alcon@montgomerycountymd.gov	240-773-4833 (Leave detailed message)		Sign up for updates about Wheaton Senior Center by emailing: wheatonfiftyfit@gmail.com				
MONTGOMERY COUNTY Recreation		Wheaton Senior Center		63			





Wileaton Fifty Fit (55+) July 2025-3uiilliei Session							
Dates/Times/Locations of 55+ programs may be subject to change without prior notice.							
Monday	Tuesday	Wednesday	Thursday	Friday			
14	15	16	17	18			
9:05am Dance with Me!	9:05am Full Body Workout	9am Chinese Dance & Fitness	10am Laughter Yoga	9:45am Zumba			
10am 55+ Yoga	10am Intermediate Spanish	9:05-9:40am Cardio Dance Fitness	11am Zumba	10am Conversational Spanish			
10am Beginners Spanish	11am Zumba	9:30am Wheaton Walks	12pm Lunch	10:45am Tai Chi			
12pm Lunch	12pm Lunch	9:45am Yogalates	1pm Ballroom/Line Dance	10:55am Self Defense			
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	10am Memoir Writing	1pm Let's Practice Ukulele! Club	11am Painting Club			
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	11:05am 55+ Superpower Dance Circle	1pm Jewelry Club	11am Beginners English			
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga	12pm Lunch		12pm Lunch			
1:30pm Zumba Gold		1pm-4pm Mahjongg		1pm Qigong			
2:30pm Yuan Chi Dance		1pm Ballroom/Line Dance		1:30pm Muscle UP!			
		2:15pm Ballet I for 55+					
		·					
21	22	23	24	25			
9:05am Dance with Me!	9:05am Full Body Workout	9am Chinese Dance & Fitness	10am Laughter Yoga	9:45am Zumba			
10am 55+ Yoga	10am Intermediate Spanish	9:05-9:40am Cardio Dance Fitness	11am Zumba	10am Conversational Spanish			
10am Beginners Spanish	11am Zumba	9:30am Wheaton Walks	12pm Lunch	10:45am Tai Chi			
12pm Lunch	12pm Lunch	9:45am Yogalates	1pm Ballroom/Line Dance	10:55am Self Defense			
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	10am Memoir Writing	1pm Let's Practice Ukulele! Club	11am Painting Club			
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	11:05am 55+ Superpower Dance Circle	1pm Jewelry Club	11am Beginners English			
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga	12pm Lunch	. ,	12pm Lunch			
1:30pm Zumba Gold		1pm-4pm Mahjongg		1pm Qigong			
2:30pm Yuan Chi Dance		1pm Ballroom/Line Dance		1:30pm Muscle UP!			
2.30pm ruum em bunee		2:15pm Ballet I for 55+		1.50pm Muscle of .			
		2.13pm banet 1101 331					
28	29	30	31				
9:05am Dance with Me!	9:05am Full Body Workout	9am Chinese Dance & Fitness	10am Laughter Yoga				
10am 55+ Yoga	10am Intermediate Spanish	9:05-9:40am Cardio Dance Fitness	11am Zumba				
10am Beginners Spanish	11am Zumba	9:30am Wheaton Walks	12pm Lunch				
12pm Lunch	12pm Lunch	9:45am Yogalates	1pm Ballroom/Line Dance				
1pm-4pm Mahjongg	1:30pm 55+ Beginners Ballet	10am Memoir Writing	1pm Let's Practice Ukulele! Club				
1			1pm Jewelry Club				
1pm Chinese Folk Dance	1 pm-3pm Needles & Yarn	11:05am 55+ Superpower Dance Circle	thiii Jeweiry Club				
1pm-3pm Neeles & Yarn	3pm 55+ Chair Yoga	12pm Lunch					
1:30pm Zumba Gold		1pm-4pm Mahjongg					
2:30pm Yuan Chi Dance		1pm Ballroom/Line Dance					
		2:15pm Ballet I for 55+					