

New Schedule

FOR MORE CLASS INFORMATION PLEASE CALL OR VISIT

PLUM COMMUNITY CENTER

499 Center New Texas Rd | PH: (412) 795-2330 | www.plumcommunitycenter.net

FITNESS SCHEDULE 2024

MONDAY

- 9:15 am Silver Sneakers Circuit
- 10:30am Silver Sneakers Classic
- 10:30am Silver Sneakers Stability
- 11:25am Silver Sneakers Chair Yoga
- 12:30pm Silver Sneakers Circuit
- 1:30pm SeniorStix
- 6:30pm **Beginner Line Dancing**
January Only

TUESDAY

- 6:15pm Mat Yoga (Starts Jan 16th)

WEDNESDAY

- 9:15am Silver Sneakers Circuit
- 10:30am Silver Sneakers Classic
- 10:30am Silver Sneakers Stability
- 11:25am Silver Sneakers Chair Yoga
- 12:30pm Silver Sneakers Circuit
- 1:30pm Senior Stix

THURSDAY

- 10am Line Dancing



FRIDAY

- 9:15am Silver Sneakers Circuit
- 10:30 Silver Sneakers Classic
- 11:25 Silver Sneakers Chair Yoga



Zoom available for all
10:30, 11:25 and 12:30 classes
ID: 982 6284 9883
Passcode: 249005



All Silver Sneakers Classes are free for SS members only.

Non-Silver Sneakers members can purchase a Fitness pass for \$25 for 12 classes.

SeniorStix is a class card only, \$25 for 12 classes.

Line Dancing is donation based with a \$2 suggested donation

