












Madison's Retirement Program, August 2019

Mon	Tue	Wed	Thu	Fri
			1 11:30 am Exercise/Shape and Tone  1:00 Bridge	2 NO YOGA  12:30 pm Bowling, Fannin Lanes
5  9:30 am Magnolia Men's Coffee 11:30 am Exercise/Shape and Tone	6 10:00 am Crocheting, Knitting 11:30 am Sit/Fit Exercise 1:00 Dance Lessons	7 11:30 am Exercise/Shape and Tone	8 11:30 am Exercise/Shape and Tone  1:00 Bridge	9 NO YOGA  12:30 pm Bowling, Fannin Lanes
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Activities are held at the Madison Community Center, 7454 Old Canton Rd.

Shape and Tone/Sit and Fit classes are taught by Bridget Schultz

Yoga classes are taught by Gretchen Mahan.

Dance lessons are taught by John Malone

For additional information contact Tona Becker, 601-317-9756 or tonabecker@comcast.net

Men's Coffee meets every Monday at 9:30 am; no charge, donuts and coffee provided

Dance Lessons
Tuesdays at 1:00 pm
\$5 per class

Shape and Tone Exercise
Mondays and Wednesdays
11:30 am, \$12 per month
Classes are for flexibility, toning, and
strengthening using weights and other
equipment & is heart healthy

Sit and Fit Exercise
Tuesdays and Thursdays
11:30 am, \$12 per month
A Low Impact Chair Class

TRIAD-The Right Information and Direction-Tuesday, August 27, 10:00 am, Madison Justice Complex, speaker is Lisa Valadie, Community Educator, City of Madison Fire Department

Crochet and Knitting, Tuesdays at 10:00 am, learn to knit or crochet

Bible Study is non-denominational will resume in September

Yoga, Fridays, 9:00 am, \$10 per month, **NO YOGA IN AUGUST**

Bowling, Fridays, 12:30 pm, Fannin Lanes