

December 2023 Calendar

<u>Sun</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>1. Friday</u> <u>Gym Closed</u>	<u>2. Saturday</u>
					9 – 5:30: Fitness Rm. <b>1-3: Spades and Domino's</b>	9-1: Gym 9-1: Fitness Rm
<b>3. Sun</b> 1pm - 4:30 Gym  1pm 4:30 Fitness Room	<b>4. Mon</b> 9-3:30: Open Gym 9-1:45: Fitness Rm 2-3: Silver Sneakers (F) <b>3:45-5:15: Dance</b> <b>3-5:30: Fitness</b> Rm <b>5:30-6:30: Zumba</b>	<b>5. Tue</b> 9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym	<b>6. Wed</b> 9-5: Open Gym 9-1:45: Fitness Rm <b>1-3- Legal Clinic</b> 2-3: Silver Sneakers(F)	<b>7. Thu</b> 9-1:45- Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers(G) <b>5:30 - 7:00</b> Miki Sawada Piano Performance Gather Hear Alabama	<b>8. Fri</b> 9 – 5:30: Gym 9 – 5:30: Fitness Rm. <b>10:30-11:30: Bingo</b>  <b>1-3: Spades and Domino's</b>	<b>9. Sat</b> 9-1: Gym 9 -1:00: Fitness Rm
<b>10. Sun</b> 1pm - 4:30 Gym  1pm - 4:30 Fitness Room	<b>11. Mon</b> 9-3:30: Gym 9-1:45: Fitness Rm 2-3:00: Silver Sneakers(F) <b>3:45-5:15: Dance</b> <b>5:30-6:30: Zumba</b>	<b>12. Tue</b> <b>Gym Closed</b> 9-5:30: Fitness Rm <b>1-4: Workforce Development Career Fair</b> 2-3: Silver Sneakers (F) 3-5:15: Gym	<b>13. Wed</b> <b>Gym Closed</b> 9-5: Open Gym 9-1:45: Fitness Rm 2-3: Silver Sneakers(F)	<b>14. Thu</b> <b>Gym Closed</b> 9-1:45- O G 9-5:30 Fitness Rm 2-3: Silver Sneakers(G) 3-5:15-Gym <b>5:30-6:30 Zumba</b>	<b>15. Fri</b> <b>Gym Closed</b> 12– 5:30: Gym 9 – 5:30: Fitness Rm <b>1-3: Spades and Domino's</b>	<b>16. Sat.</b> <b>10am-1pm Christmas Toy Giveaway</b>
<b>17. Sun</b>	<b>18. Mon</b> 9-3:30: Open Gym 9-1:45: Fitness Rm 2-3:00: Silver Sneakers(F) <b>3:45-5:15: Dance Recital</b> <b>5:30-6:30: Zumba</b>	<b>19. Tue</b> 9-1:45: Open Gym 9-5:30: Fitness Rm 2-3: Silver Sneakers(G) 3-5:15: Gym	<b>20. Wed</b> 9-5: Open Gym 9-1:45: Fitness Rm 2-3: Silver Sneakers(F)	<b>21. Thu</b> 9-1:45- Open Gym 9-5:30 Fitness Rm 2-3: Silver Sneakers(G) 3-5:15-Gym <b>5:30-6:30 Zumba</b>	<b>22. Fri</b> 9 – 5:30: Gym 9 – 5:30: Fitness Rm. <b>1-3: Spades and Domino's</b>	<b>23. Sat</b> 9-1:00: Gym 9-1:00: Fitness Rm



Bullock Community and Recreation Center  
 1428 Broad Street Selma, Al 36701 Phone # 334-553-2736

**December 2023 Calendar**

<p><b>24. Sun</b></p>	<p><b>25. Mon</b></p> <p></p> <p><b>Bullock Closed</b>  <b>Merry</b>  <b>Christmas</b></p> <p></p>	<p><b>26. Tue</b></p> <p>9-5:30: Fitness Rm          2-3: Silver Sneakers (G)          3-5:15: Gym</p>	<p><b>27. Wed</b></p> <p>9-5: Open Gym          9-1:45: Fitness          2-3: Silver Sneakers(F)</p>	<p><b>28. Thu.</b></p> <p>9-1:45- Open Gym          9-5:30 Fitness Rm          2-3: Silver Sneakers(G)          3-5:15-Gym  <b>5:30-6:30 Zumba</b></p>	<p><b>29 Fri.</b></p> <p>9 – 5:30: Gym          9 – 5:30: Fitness Rm.  <b>1-3: Spades and Domino's</b></p>	<p><b>30. Sat</b></p> <p>9-1:00: Gym          9-1:00: Fitness Rm</p>
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