



Tracee Lee

Senior Center Coordinator

traceel@acrs.org | 206.774.2440

For more information, visit:

www.acrs.org/clubbamboo.

Weekly Schedule

Activities are held in ACRS' Safeco Activities Center

Mondays

- Yoga 10:00—11:00
- Ballroom Dance 11:00—12:00
- Lunch 12:00—1:00
- Ballroom Dance 1:00—2:00
- Karaoke 2:00—3:00

Tuesdays

- Tai Chi 10:00—11:00
- Yogalates (yoga + Pilates) 11:00—12:00
- Lunch 12:00—1:00
- Enhance Fitness 1:00—2:00
- Karaoke / Table Tennis 2:00—3:00

Wednesdays

- Art Class 9:00—12:00
- Zumba Gold 9:30—10:30
- Line Dance 11:00—12:00
- Lunch 12:00—1:00
- Qi- Gong 1:00—2:00

Thursdays

- Beginning Dance 9:30—10:30
- Stick Exercise 10:30—11:00
- Line Dance 11:00—12:00
- Lunch 12:00—1:00
- Enhance Fitness 1:00—2:00
- Karaoke 2:00—3:00

Fridays

- Zumba Gold 9:30—10:30
- Art Class 9:30—12:00
- Creative Movement 11:00—12:00
- Lunch 12:00—1:00
- Qi-Gong 1:00—2:00