

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Joint 10-10:30a	Arthritis 8:45-9:30a	Healthy Joint 10-10:30a	Arthritis 8:45-9:30a	Healthy Joint 10-10:30a
Aerobics 11-11:30a	Falls Prevention 10:30-11a	Aerobics 11-11:30a	Falls Prevention 10:30-11a	Aerobics 11-11:30a
Beg. Weightlifting 1-1:30p	Tai Chi 11-11:50a	Beg. Weightlifting 1-1:30p	Tai Chi 11-11:50a	Beg. Weightlifting 1-1:30p
Arthritis 3:15-4p		Arthritis 3:15-4p		

Classroom Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Seated Fitness 10-10:30a	BBB 10-10:30a	Seated Fitness 10-10:30a	BBB 10-10:30a	
	Arthritis 12-12:45p		Arthritis 12-12:45p	
Aerobics 5-5:30p	Chair Yoga 1-2p	Aerobics 5-5:30p	Chair Yoga 1-2p	Aerobics 5-5:30p

Zoom Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Seated Fitness 10-10:30a	Stretch 9-9:30a	Seated Fitness 10-10:30a	Stretch 9-9:30a	Stretch 9-9:30a
Arthritis 10:30-11a		Arthritis 10:30-11a		Arthritis 10:30-11a

call: 408-283-9036 or email timpanycenter@sjsu.edu

Open Walking Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-10a	9:30-10:30a	8:30-10a	9:30-10:30a	8:30-10a
10:30-11a	1-5p	10:30-11a	12-5p	10:30-11a
11:30a-1p		11:30a-12p		11:30a-12p
1:30-2p		1:30-2p		1:30-2p
2:30-3:15p		2:30-3:15p		2:30-3:15p
4-5p		4-5p		4-5p