

Aerobics schedule

8 am Monday, Wednesday, Friday
4 pm Monday, Wednesday
9:15 am Wednesday

Beginners
6 pm Tuesday, Thursday

Sr. Adults

9:15am Monday
8 am Thursday
NOTE: Sr. Adults do not meet July, August

Other Events at the ROC

Art Class with Nadine Wheaton
Tuesday 9am-12 noon
Do not meet in June, July, August

Ladies Bible Study
10 am Mondays with Lunnie Foster
6:00 pm Wednesdays with Grace Hayes