

Find us on  www.facebook.com/HealthyConnectionsGranbury

Every Monday

- 9 am - Exercise Strength and Balance - **Exercise Room** (Free)
- 10 am - Tai Chi in the **Exercise Room** (Free)
- 10:30 - Exercise Strength and Balance - **Exercise Room** (Free)
- 11 am - Pilates in the **Exercise Room** (Free)
- 5 pm - Yoga For A Mission - **Exercise Room** (Free with a non-perishable food item)

Every Tuesday

- 9 am - Weight Watchers - **Main Room** (Join at weightwatchers.com)
 - 9 am - Therapeutic Yoga - **Exercise Room** (Private class/reservation only)
 - 10:30 am - Therapeutic Yoga - **Exercise Room** (Private class/reservation only)
- 1:30 pm - Line Dancing - **Exercise Room** (Free)
- 5:15 pm - Weight Watchers - **Main Room** (Join at weightwatchers.com)
- 6 pm - Granbury Cloggers Nights - **Exercise Room** (Come watch or join)

Every Wednesday

- 9 am - Exercise Strength and Balance - **Exercise Room** (Free)
- 10 am - Mahjong - **Main Room** (Free)
- 10 am - Cards - **Main Room** (Free)
- 11 am - Dominos - **Library** (Free)

Every Thursday

- 10 am - Tai Chi - **Exercise Room** (Free)
- 10:30 - Exercise Strength and Balance - **Exercise Room** (Free)
- 11 am - Pilates - **Exercise Room** (Free)
 - 5 pm - Therapeutic Yoga - **Exercise Room** (Private class / reservation only)

Every Friday

- 9 am - Exercise Strength and Balance - **Exercise Room** (Free)

Every Saturday

- 10:30 am - Therapeutic Yoga - **Exercise Room** (Private class / reservation only)



Healthy Connections
(817) 579-2979



LifelongYoga
LifeLongYogaTherapy.com
(817) 769-8376



WeightWatchers
weightwatchers.com

Granbury
Cloggers



(832) 797-3356