

AUGUST 2025



TAP SENIOR PROGRAM FOR *ELYRIA* SENIORS AGE 55+

INDOOR WALKING DAILY 9AM-12PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ West Rec 9:00-Noon Walking Volleyball	²
³	⁴ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	⁵ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:30-Noon Pickleball	⁶ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	⁷ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	⁸ West Rec 9:00-Noon Walking Volleyball Elyria Public Library Visit	⁹
¹⁰	¹¹ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:00-11:00 Tai Chi 10:30-11:30 Chair Yoga	¹² East Rec 9:00-Noon 9:30-10:30 Line Dancing Bridge 9:00-12:00 10:30-Noon Pickleball	¹³ South Rec 9:00-Noon 9:30-10:30 Chair Exercise 10:30-11:30 Chair Yoga	¹⁴ East Rec 9:00-Noon 9:30-10:30 Line Dancing 10:00-11:00 Tai Chi 10:30-Noon Pickleball	¹⁵ West Rec 9:00-Noon Walking Volleyball	¹⁶
¹⁷	¹⁸ Closed for Break TAP will resume on Tuesday September 2 nd At East Rec.	¹⁹ Closed for Break TAP will resume on Tuesday September 2 nd At East Rec.	²⁰ Closed for Break TAP will resume on Tuesday September 2 nd At East Rec.	²¹ Closed for Break TAP will resume on Tuesday September 2 nd At East Rec.	²² Closed for Break TAP will resume on Tuesday September 2 nd At East Rec.	²³
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³¹			East Recreation Center 1101 Prospect St Elyria, OH 44035	South Recreation Center 101 South Park Dr. Elyria, OH 44035	West Recreation Center 1200 Foster Ave. Elyria, OH 44035	Main Office 440-326-1500

