

Bullock Community and Recreation Center November 2025 Calendar

1428 Broad Street- Selma, AL 36701-0 Phone # 334-553-2736

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 1.
					9-1: Open Fitness Room 9-10: Body Benders Fitness 10-12: Open Gym 12-1 Line Dancing
Mon. 3.	Tue. 4.	Wed. 5.	Thurs 6.	Fri. 7.	Sat. 8.
9-5: Open gym 9-10: Burns and Builds Fitness 10-1:45: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(F) 4-5:15: Piano lessons 5:30-6:15 Zumba	9-1:45: Open Gym 9-5:45: Open Fitness Rm. 2-3:00: Silver Sneakers(G) 4-5: Guitar lessons 3-6: Open Gym 6: Basketball Game	9-3:45: Open Gym 9-10: Burns and Builds Fit 10-1:45: Open Fitness Rm. 2-3:00: Silver Sneakers (F) 4-6: Dance lessons 6p: Basketball Game	9-10: Gym Closed 9-10: Burns and Builds Fit 10-3:45 Gym Open 10-6: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(G) 4-6: Dance lessons 5:30-6:15 Zumba	9-6: Open Fitness Rm. 9-6: Open Gym 1-3: Spades & Dominos	Gym Closed 9-10: Body Benders Fitness 9-1: Open fitness Rm. 9-1: Spades and Dominos 12-1: Line Dancing
Mon. 10.	Tue. 11.	Wed. 12.	Thur. 13.	Fri. 14.	Sat. 15.
9-5: Open Gym 9-10: Burns and Builds Fitness 10-1:45: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(F) 4-5:15: Piano Lessons 5:30-6:15 Zumba	9-1:45: Open Gym 9-5:45: Open Fitness Rm. 2-3:00: Silver Sneakers(G) 3-5:45: Open Gym 4-5:15: Guitar lessons 6p:Basketball Game	9-3:45: Open Gym 9-10: Burns and Builds Fitness 10-1:45: Open Fitness Rm. 1-3: Arts and Crafts 2-3:00: Silver Sneakers(F) 4-6: Dance lessons 6: Basketball Game	9-10: Gym Closed 10-5:15: Gym Open 9-10a: Burns and Builds Fitness 10-6p: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(G) 3-5:15:Open Gym 5:30-6:15 Zumba	9-12: Gym Closed 9-5:30: Open Fitness Rm. 10:30-12: Bingo 12-6: Open Gym 1-3: Spades & Dominos	9-1: Open Fitness Room 9-10: Body Benders Fitness 10-12: Open Gym 12-1 Line Dancing

<u>Mon.</u> 17. 9-5: Open Gym 9-10: Burns and Builds fitness 10-1:45: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(F) 4-5:15: Piano Lessons 5:30-6:15 Zumba	<u>Tue.</u> 18. 9-1:45: Open Gym 9-5:45: Fitness Rm. Open 2-3:00: Silver Sneakers(G) 3-6: Open Gym 4-5:15: Guitar lessons 5-7: Family Crafts Night 6: Basketball Game	<u>Wed.</u> 19. 9-3:45: Open Gym 9-10: Burns and Builds Fitness 10-1:45: Open Fitness Rm. 2-3:00: Silver Sneakers(F) 4-6: Dance Lessons 6: Basketball Game	<u>Thur.</u> 20. 9-10:Gym Closed 9-10: Burns and Builds fitness 10-3:45 Gym Open 10-6: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(G) 4-5:15: Dance Lessons 5:30-6:15 Zumba	<u>Fri.</u> 21. 9-6: Open Gym 9-5:45: Open Fitness Rm 2-3 Karaoke in Community Rm 1-3 Spades & Dominos 5-7: Paint and Sip	<u>Sat.</u> 22. 9-1: Open Fitness Room 9-10: Body Benders Fitness 10-12: Open Gym 12-1 Line Dancing
<u>Mon.</u> 24. 9-5: Open Gym 9-10: Burns and Builds fitness 10-1:45: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(F) 4-5:15: Piano Lessons 5:30-6:15 Zumba	<u>Tue.</u> 25. 9-1:45: Gym Open 9-5:45: Open Fitness Rm. 1p-3p: Cooking with Latonyia @ Bosco Nutrition Center 2-3:00: Silver Sneakers(G) 4-5:15: Guitar Lessons 3-6: Open Gym	<u>Wed.</u> 26. 9-3:45: Open Gym 9-10: Burns and Builds Fitness 10-1:45: Open Fitness Rm. 2-3:00: Silver Sneakers(F) 4-6: Dance Class	<u>Thur.</u> 27. 9-10: Gym Closed 9-10: Burns and Builds fitness 10-3:45 Gym Open 10-6p: Open Fitness Rm. 11-12: Computer Ed. 2-3:00: Silver Sneakers(G) 3-5:15: Open Gym 5:30-6:15 Zumba	<u>Fri.</u> 28. 9-6: Open Gym 9-6: Open Fitness Rm 1-3 Spades & Dominos	<u>Sat.</u> 29. 9-1: Open Fitness Room 9-10: Body Benders Fitness 10-12: Open Gym 12-1 Line Dancing