

Redwood Community Center

Upland Park, 280 6th St., Brookhaven PA 19015

Any Questions Call:

Program Coordinator: Brooke Kempczynski
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Monday	Tuesday	Wednesday	Thursday	Friday
31 Pilates w/ Deanie 11-12 Line Dancing w/ Mary Ellen 12:30-2:30	1 Beginner Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	2 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Zumba w/ Mary Ellen 1:30-2:30	3 Parkside Senior 9-3	4 Tai Chi w/ Walter 12-1:15
7 CLOSED Happy Labor Day	8 Improv Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	9 Closed	10 Closed	11 Tai Chi w/ Walter 12-1:15
14 Fitness w/ Deanie 11-12 No Line Dancing	15 Beginner Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	16 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Zumba 1:30-2:30	17 Parkside Senior 9-3	18 Tai Chi w/ Walter 12-1:15
21 Pilates w/ Deanie 11-12 Line Dancing w/ Mary Ellen 12:30-2:30	22 Improv Dance w/ Deanie 10-11 Baby Boomers 11-1 Tuesday Dance w/ DJ Steve 1-3	23 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Zumba 1:30-2:30	24 Parkside Senior 9-3 Thursday Night Dance 6-9	25 Tai Chi w/ Walter 12-1:15
28 Fitness w/Deanie 11-12 Line Dancing w/ Mary Ellen 12:30-2:30	29 Beginners Dance W/Deanie 9:45-11 Baby Boomers 11-1 Tuesday Dance w/DJ Steve 1-3	30 Cardio Drumming w/ Sandy 10:45-11:45 Chair Yoga w/ Donna 12-1 Zumba 1:30-2:30		

Check website for any
updates
[https://www.delcopa.gov/
parks/upland](https://www.delcopa.gov/parks/upland)