

# JULY 2021

## MONDAY

### HYBRID CLASS

9:45am-10:45am  
Strength Training  
Del Herrera

### IN-PERSON CLASS

2:00pm-3:00pm  
Do It Now Senior Fitness  
Tamara Kilpatrick

## TUESDAY

### IN-PERSON CLASS

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

### HYBRID CLASS

10:30am-11:30am  
Laugh, Flex & Stretch  
Lois Jackson

### IN-PERSON CLASS

10:30am-12:00pm  
Music Appreciation  
Bob Norgel

### VIRTUAL CLASS

11:30am-1:00pm  
COVID-19 Women's Support Group  
Sue Wellerstein

### VIRTUAL CLASS

1:00pm-3:00pm  
Watercolor  
David Deyell

## WEDNESDAY

### VIRTUAL CLASS

11:15am-12:15pm  
Chair Yopalates  
Ilene Berke

## THURSDAY

### IN-PERSON CLASS

8:45am-9:45am  
Jazzercise  
Elizabeth Eaves

### HYBRID CLASS

10:30am-11:30am  
Arthritis  
Lois Jackson

### IN-PERSON CLASS

2:00pm-3:00pm  
Do It Now Senior Fitness  
Tamara Kilpatrick

## FRIDAY

### HYBRID CLASS

9:45am-10:45am  
Zumba  
Del Herrera

### VIRTUAL CLASS

11:15am-12:15pm  
Chair Yopalates  
Ilene Berke