

Weekly Schedule - August

MONDAY

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

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

TUESDAY

8:45am-9:45am
Jazzercise
Elizabeth Eaves
In-Person
MPR

10:30am-12:00pm
Music Appreciation
Hybrid
Teen Room

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

10:30-11:30am
Laugh, Flex & Stretch
Lois Jackson
Hybrid
MPR #1

11:15am-12:30pm
Book Club (3rd Tue)
In-Person
MPR#2

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

WEDNESDAY

9:45-10:45am
Dance with Del
Del Herrera
Hybrid
MPR

11:15am-12:30pm
Chair Yopalates
Ilene Berke
Virtual

THURSDAY

8:45am-9:45am
Jazzercise
Elizabeth Eaves
In-Person
MPR

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

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

FRIDAY

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

11:15am-12:30pm
Chair Yopalates
Ilene Berke
Virtual

SATURDAY - 8/28
11:00am-1:00pm
Farhana's Cooking
Class
Virtual

