

Weekly Schedule: December

MONDAY

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

12:00-3:30pm
Bridge
In-Person
Senior Room

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

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

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

12:15-3:00pm
Bingo
In-Person
Senior Room

WEDNESDAY

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

12:00-3:30pm
Bridge
In-Person
Senior Room

11:00am-1:00pm
ONE DAY COOKING CLASS
Saturday, 12/18
Farhana Sahibzada
Virtual

