

DECEMBER WEEKLY CALENDAR



MONDAY

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

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

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

TUESDAY

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

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

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

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

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

WEDNESDAY

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

THURSDAY

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

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

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

FRIDAY

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

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

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

