

# Weekly Schedule: January

## MONDAY

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

11:15am-12:15pm  
MELT Into Gentle  
Yoga  
Ilene Berke  
**Hybrid - Instructor  
will be virtual**  
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

10:00-11:30am  
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

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

11:15-12:30pm  
Book Club  
**In-Person**  
Senior Room

## WEDNESDAY

11:15am-12:15pm  
Chair Yopalates  
Ilene Berke  
**Hybrid - Instructor  
will be virtual**  
Senior Room

11:30am-12:30pm  
Buff Bones  
Aggie Winston  
**Hybrid**  
MPR

## 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-12:15pm  
Chair Yopalates  
Ilene Berke  
**Hybrid - Instructor  
will be virtual**  
MPR

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

11:00am-1:00pm  
**ONE DAY COOKING CLASS**  
Saturday, 1/8  
Farhana Sahibzada  
Virtual