

# Weekly Schedule: June



## 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

3:00-3:45pm  
Yoga Nidra  
Ilene Berke  
**Virtual**

## TUESDAY

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

10:00-11:30am  
Music Appreciation  
**Hybrid**  
Teen Room

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

11:15-12:30pm  
Book Club (3rd Tues)  
**In-Person**  
Senior Room

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

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

1:00-4:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
Teen Room

## WEDNESDAY

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

10:00am-1:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
Senior Room

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

1:00 - 2:00pm  
Pilates  
Kim Volla  
**In-Person**  
MPR

## THURSDAY

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

10:00am-1:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
Senior Room

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

12:30 - 1:30pm  
Mindful Yoga  
Kim Volla  
**In-Person**  
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 Yogalates  
Ilene Berke  
**Hybrid - Instructor  
will be virtual**  
MPR

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