



# Weekly Schedule: July



## MONDAY

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

11:00-11:30am  
Flex & Renew  
Del Herrera  
**In-Person**  
MPR

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

12:30-1:30pm  
Tai Chi & Qigong  
Caroline Hatfield  
**In-Person**  
MPR

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

6:00-7:00pm  
Bollywood Dance  
Monica Sarin  
**In-Person**  
No class 7/3  
MPR

## TUESDAY

8:45-9:45am  
Jazzercise  
Elizabeth Eaves  
**In-Person**  
TBD on 7/3  
MPR

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

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

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

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

12:30-3:00pm  
Watercolor  
David Deyell  
**Hybrid**  
MPR

1:00-4:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
The Lounge

## WEDNESDAY

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

11:00-11:30am  
Flex & Renew  
Del Herrera  
**In-Person**  
MPR

10:00am-1:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
The Lounge

2:30-4:00pm  
Current Events  
Discussion Group  
**Hybrid**  
Senior Room

5:00-6:00pm  
Bootcamp Workout  
Stephanie Green  
**In-Person**  
MPR

## THURSDAY

8:45-9:45am  
Jazzercise  
Elizabeth Eaves  
**In-Person**  
TBD on 7/3  
MPR

10:00am-1:00pm  
Mah Jongg &  
Board Games  
**In-Person**  
The Lounge

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

1:30-2:30pm  
Beginning Chess -  
Seniors  
2:45-3:45pm  
Beginning Chess -  
Youth  
Aditya Ram  
**In-Person**  
Senior Room

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

## FRIDAY

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

