

A photograph of people in a studio setting, with their hands touching in a circle on the floor. There are exercise balls and mats visible in the background.

ACTIVITY STUDIO CLASS SCHEDULE

MONDAY

Floor Yoga
5:15 p.m. - 6:15 p.m.

TUESDAY

Chair Yoga
8:30 a.m. - 9:15 a.m.

Balance Focused
1:15 p.m. - 1:45 p.m.

Seniors in Motion
3 p.m. - 3:30 p.m.

WEDNESDAY

Enjoy the open
gym!

THURSDAY

Chair Yoga
8:30 a.m. - 9:15 a.m.

Balance Focused
1:15 p.m. - 1:45 p.m.

Seniors in Motion
3 p.m. - 3:30 p.m.

FRIDAY

Experience cardio
drumming

1st Friday at 10:30 a.m.
3rd Friday at 2:30 p.m.

SATURDAY

Enjoy the open
gym until
12:30 p.m.

