

December Outdoor 2020 Fitness & Activity Schedule

MONDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Stretch & Flex
9:30—10:15 a.m. **Irene**
(STARTS 12/7/20)

Tai Chi
10:30 - Noon **Russ**
(STARTS 12/7/20)

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



TUESDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio Class
10:30 - 11:15 a.m. **Gerry**

Puzzle Time
11:30 - 1:30 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



WEDNESDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Stretch & Flex
9:30—10:15 a.m. **Irene**
(STARTS 12/9/2020)

Tai Chi
10:30 - Noon **Russ**
(STARTS 12/2/20)

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



THURSDAYS

Senior Fit
8:30 - 9:15 a.m. **Irene**

Silver & Fit Excel
Strength/Cardio class
10:30 - 11:15 a.m. **Gerry**

Puzzle Time
11:30 - 1:30 p.m.

Stability Ball Training
5:30 - 6:00 p.m. **Elena**



FRIDAYS

NO CLASSES

COVID SAFETY STATEMENT

*Classes will be held outdoors, under the Portico.

1. Staff will check your temperature
2. You will be asked to sign a waiver
3. You must be socially distanced, 6-feet apart, at all times
4. Please bring your own towel and water bottle
5. Via to provide hand sanitizer

Christmas Closure Dec. 24th & 25th

New Year's Closure Dec. 31st & Jan. 1st