

VIA OUTDOOR FALL 2020 FITNESS

Beginning Monday, October 19

MONDAYS

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

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**

Line Dancing
10:30 - 12:30 p.m.

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

WEDNESDAYS

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

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**

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

FRIDAYS

NO CLASSES

COVID SAFETY STATEMENT

Classes will be held outdoors, either in the courtyard or 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



WELCOME BACK!

WE'VE MISSED

OUR VIA MEMBERS

