

# January Outdoor 2021 Fitness & Activity Schedule

## MONDAYS

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

Stretch & Flex  
9:30—10:15 a.m. Irene

Tai Chi  
10:30 - Noon Russ

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

Tai Chi  
10:30 - Noon Russ

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



***New Year's Day Holiday Closure - January 1st***

***MLK Holiday Closure - January 18th***