

March 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**