

# VIA OUTDOOR FALL 2020 FITNESS

## 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**

