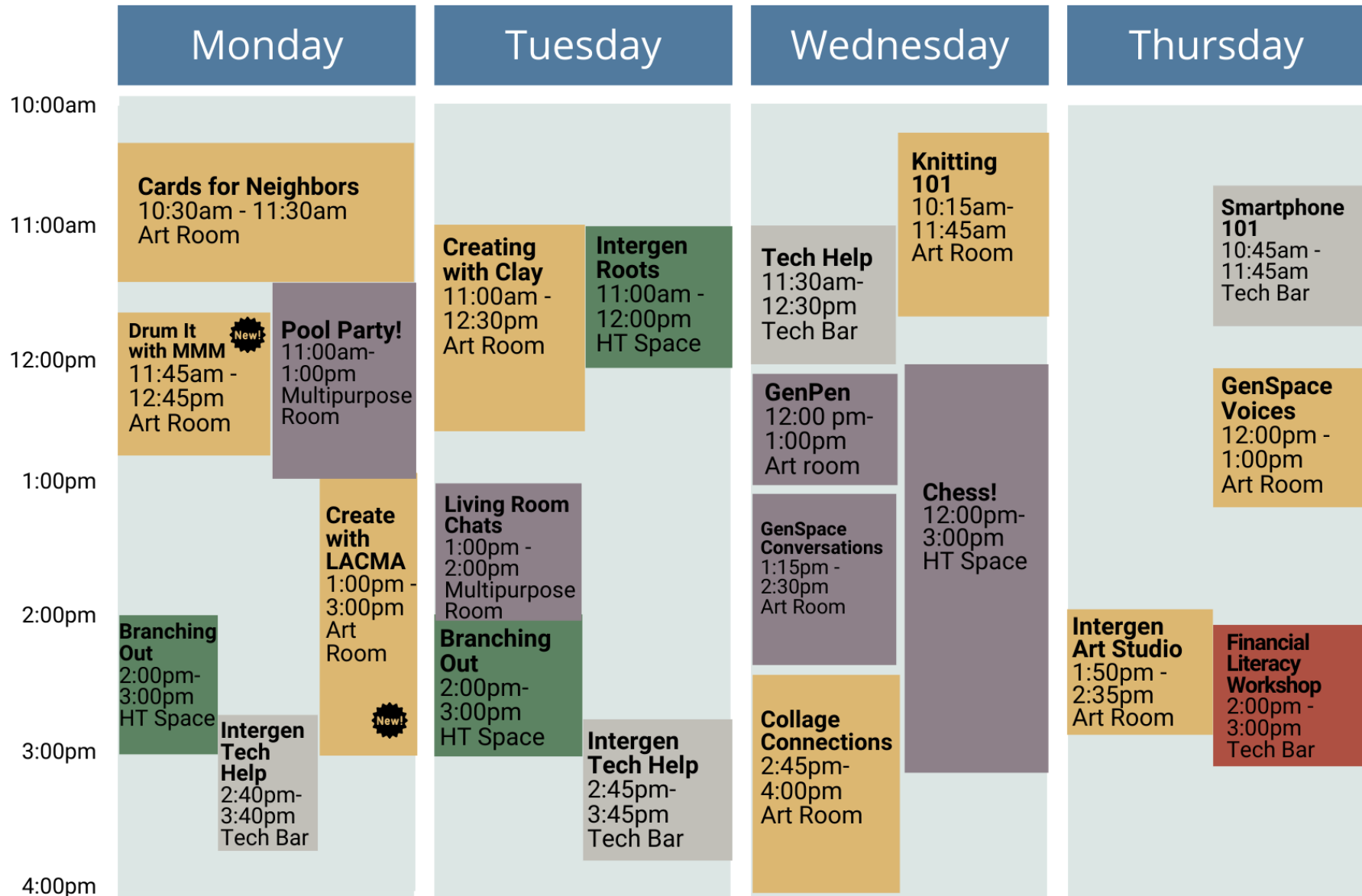




DAILY CLASSES

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- Horticultural Therapy
- Technology + Devices
- Social Connection + Storytelling
- Financial Security + Safety
- Arts, Crafts, + Culture
- Fitness/Wellness on Page 2





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WELLNESS CLASSES

Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am				
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	YMCA Presents: Dance Aerobics 10:15am - 11:15am Fitness Room	Morning Stretching 10:30am - 11:30am Fitness Room	YMCA Presents: Dance Aerobics 10:20am - 11:20am Fitness Room
12:00pm		YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room	Long Gentle Movement 12:00pm - 1:00pm Fitness Room	YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room
1:00pm	Belly Dancing 1:00pm - 2:00pm Fitness Room	New! Barre Sculpt 1:00pm - 2:00pm Fitness Room		Latin Dance 12:45pm - 1:45pm Fitness Room
2:00pm			Tai Chi 1:30pm - 2:30pm Fitness Room	Latin Dance 1:45pm - 2:45pm Fitness Room
3:00pm	Tai Chi Self-Defense 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room	Dance It Out! 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room
4:00pm				