

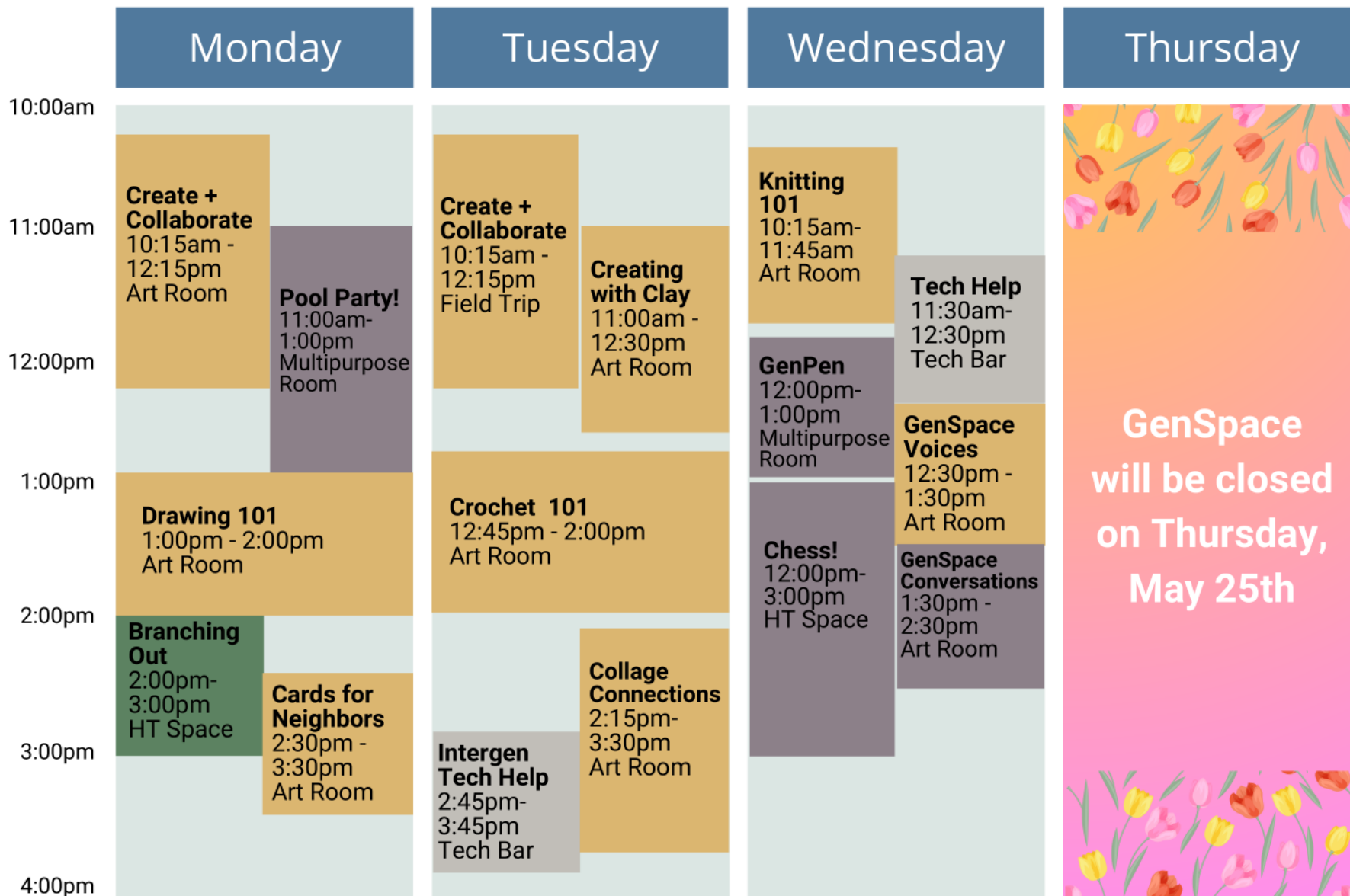


DAILY CLASSES

Week of: May 22nd - May 25th • (424) 407-4023

Wallis Annenberg
GenSpace



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





Wallis Annenberg
GenSpace

Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am				 <p>GenSpace will be closed on Thursday, May 25th</p> 
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	
12:00pm		YMCA Presents: Dance Aerobics 11:30am - 12:30pm Fitness Room	Long Gentle Movement 12:00pm - 1:00pm Fitness Room	
1:00pm	Belly Dancing 1:00pm - 2:00pm Fitness Room	Barre Sculpt 1:00pm - 2:00pm Fitness Room		
2:00pm			Tai Chi 1:30pm - 2:30pm 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	
4:00pm				