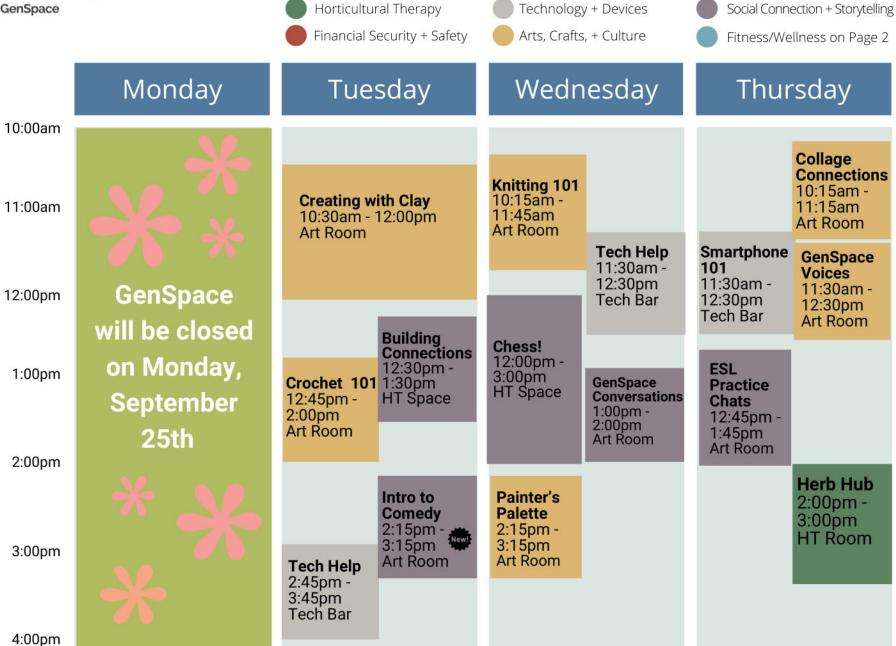


Wallis Annenberg GenSpace





Health, Fitness, + Wellness Schedule

Monday Tuesday Wednesday **Thursday** 10:00am **Dance Aerobics** Strength + Tone 10:15am - 11:15am **Morning Stretching** 10:20am - 11:20am **Fitness Room** 10:30am - 11:30am 11:00am Fitness Room Fitness Room Strength + Tone **Dance Aerobics** GenSpace 11:30am - 12:30pm 12:00pm 11:30am - 12:30pm Fitness Room **Long Gentle Movement** Fitness Room will be closed 12:00pm - 1:00pm Fitness Room on Monday, 1:00pm **Barre Sculpt Latin Dance** September 12:45pm - 1:45pm 12:45pm - 1:45pm Fitness Room Fitness Room 25th Tai Chi 1:30pm - 2:30pm 2:00pm Seated Strength and Fitness Room **Latin Dance** Mobility 1:50pm - 2:45pm 1:50pm - 2:50pm Fitness Room Fitness Room 3:00pm Mindful, Gentle, & Mindful, Gentle, & Dance It Out! **Restful Stretching Restful Stretching** 3:00pm - 4:00pm 3:00pm - 4:00pm 3:00pm - 4:00pm Fitness Room Fitness Room Fitness Room 4:00pm