

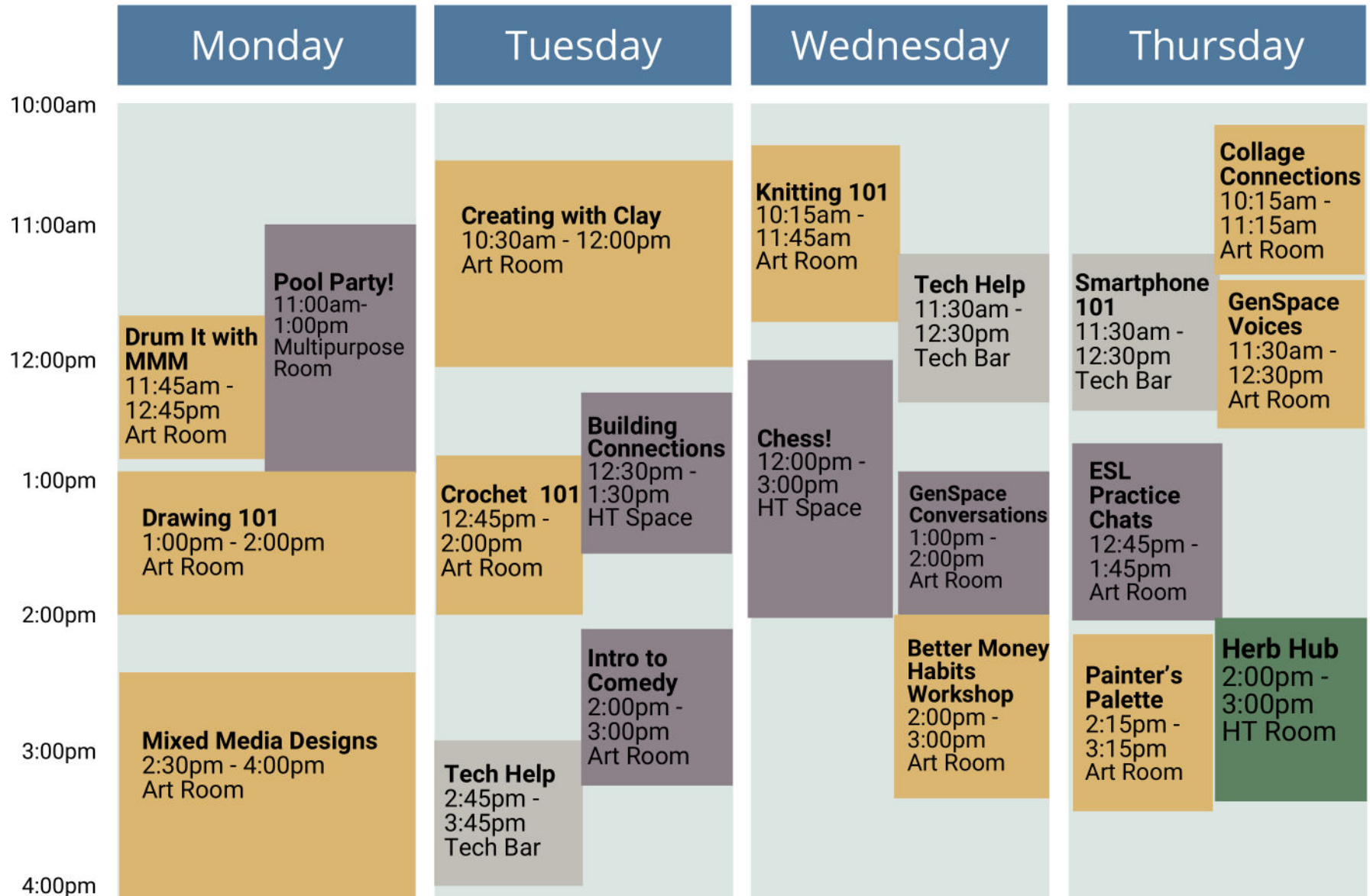


# DAILY CLASSES

Week of: September 18th - September 21th •(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				
11:00am	<b>Morning Stretching</b> 10:30am - 11:30am Fitness Room	<b>Dance Aerobics</b> 10:15am - 11:15am Fitness Room	<b>Morning Stretching</b> 10:30am - 11:30am Fitness Room	<b>Strength + Tone</b> 10:20am - 11:20am Fitness Room
12:00pm	<b>Restorative Stretching</b> 11:45am - 12:45pm Fitness Room	<b>Dance Aerobics</b> 11:30am - 12:30pm Fitness Room	<b>Long Gentle Movement</b> 12:00pm - 1:00pm Fitness Room	<b>Strength + Tone</b> 11:30am - 12:30pm Fitness Room
1:00pm	<b>Belly Dancing</b> 1:00pm - 2:00pm Fitness Room	<b>Barre Sculpt</b> 12:45pm - 1:45pm Fitness Room		<b>Latin Dance</b> 12:45pm - 1:45pm Fitness Room
2:00pm	<b>Power of Breath</b> 2:00pm - 3:00pm Fitness Room	<b>Seated Strength and Mobility</b> 1:50pm - 2:50pm Fitness Room	<b>Tai Chi</b> 1:30pm - 2:30pm Fitness Room	<b>Latin Dance</b> 1:50pm - 2:45pm Fitness Room
3:00pm	<b>Tai Chi Self-Defense</b> 3:00pm - 4:00pm Fitness Room	<b>Mindful, Gentle, &amp; Restful Stretching</b> 3:00pm - 4:00pm Fitness Room	<b>Dance It Out!</b> 3:00pm - 4:00pm Fitness Room	<b>Mindful, Gentle, &amp; Restful Stretching</b> 3:00pm - 4:00pm Fitness Room
4:00pm				