

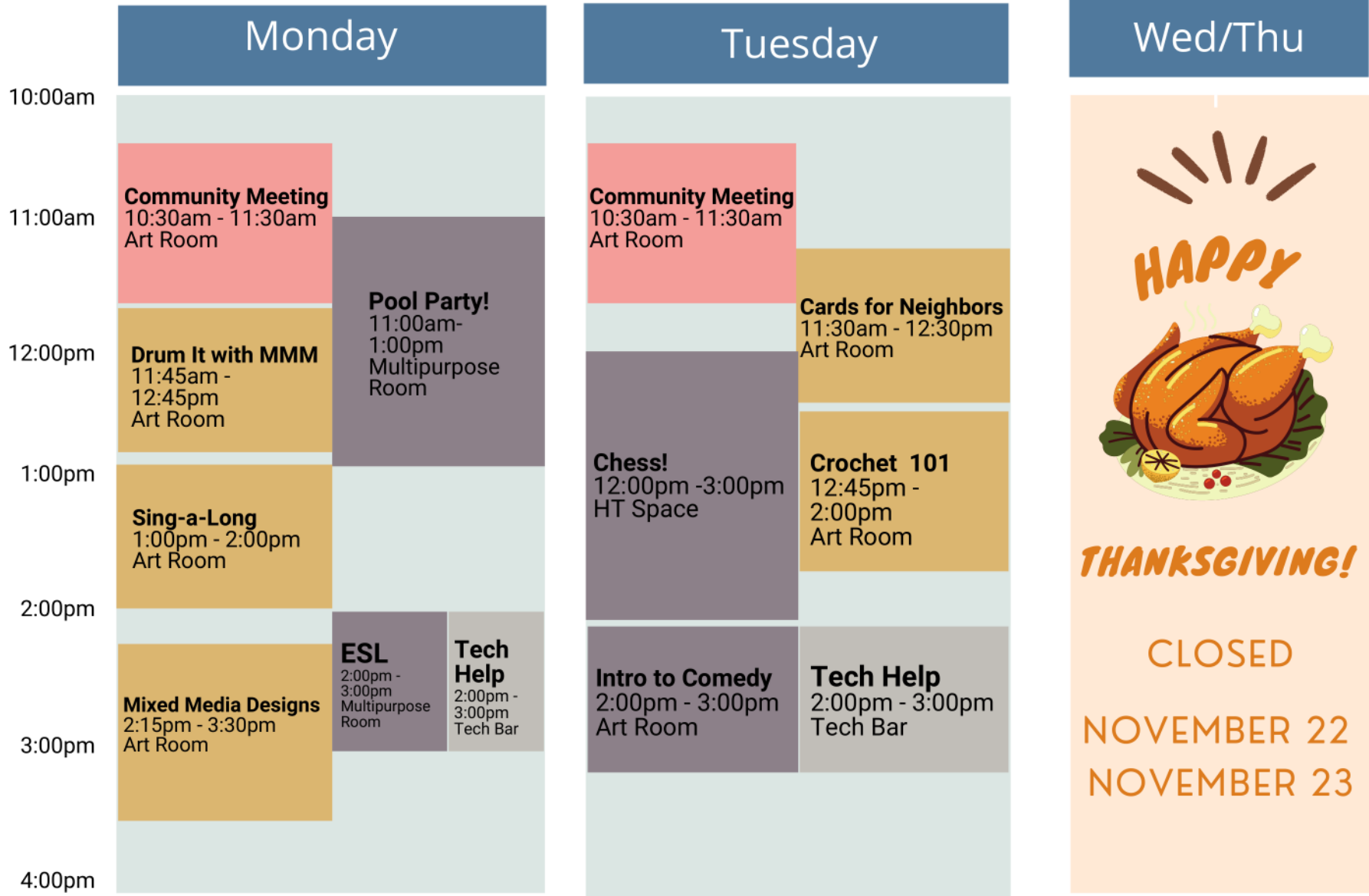


DAILY CLASSES







Week of: November 20th - November 23rd (424) 407-4023

Wallis Annenberg
GenSpace

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



Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am			 HAPPY  THANKSGIVING! CLOSED NOVEMBER 22	 HAPPY  THANKSGIVING! CLOSED NOVEMBER 23
11:00am	Morning Stretching 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room		
12:00pm	Restorative Stretching 11:45am - 12:45pm Fitness Room	Dance Aerobics 11:30am - 12:30pm Fitness Room		
1:00pm	Jazz  1:00pm - 2:00pm Fitness Room	Barre Sculpt 12:45pm - 1:45pm Fitness Room		
2:00pm	Rumba  2:00pm - 3:00pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room		
3:00pm	Belly Dancing 3:00pm - 4:00pm Fitness Room	Mindful, Gentle, & Restful Stretching 3:00pm - 4:00pm Fitness Room		
4:00pm				