

# Flexible Classes: March 2-5



**Seated Fitness Class**  
의자 피트니스 수업

Monday		Tuesday		Wednesday		Thursday	
<b>Mahjong w/ Irene</b> 10am - 12pm Library Corner		<b>OT Skills Lab w/ OT Interns</b> 10am - 11am HT Space				<b>Intergen Zumba w/ Julissa</b> 10am - 11am Flagpole	
<b>Mahjong w/ Irene</b> 10am - 12pm Library Corner	<b>Sing Along w/ Cris</b> 11am - 12pm Art Room	<b>Full Body Tone w/ Jason</b> 11am - 12pm Sunken Garden		<b>Conversations w/ Rebecca</b> 11am - 12pm Art Room	<b>Seated Mindful Movement w/ Diego</b> 11am - 12pm Sunken Garden	<b>Full Body Tone w/ Jason</b> 11am - 12pm Sunken Garden	
<b>Crochet Open Studio w/ Mary Beth</b> 12pm - 1pm HT Space	<b>Men's Group</b> 12pm - 1pm MPR	<b>Billiards for Beginners w/ Katie</b> 12pm - 1pm MPR	<b>Strength &amp; Tone w/ Natalia</b> 12pm - 1pm Sunken Garden	<b>Crochet Open Studio w/ Mary Beth</b> 12pm - 1pm HT Space	<b>Grief &amp; Loss w/ Tom</b> 12pm - 1pm MPR	<b>Billiards for Beginners w/ Katie</b> 12pm - 1pm MPR	<b>Strength &amp; Tone w/ Natalia</b> 12pm - 1pm Sunken Garden
<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar	<b>Restorative Yoga w/ Lisa</b> 1pm - 2pm Sunken Garden	<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar	<b>Restorative Stretch w/ Lisa</b> 1pm - 2pm Sunken Garden
		<b>Stability &amp; Core w/ Jill</b> 1pm - 2pm Sunken Garden				<b>Stability &amp; Core w/ Jill</b> 2pm - 3pm Sunken Garden	
<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR				<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR			

# Flexible Classes: March 9-12



**Seated Fitness Class**  
의자 피트니스 수업

Monday		Tuesday		Wednesday		Thursday	
<b>Mahjong w/ Irene</b> 10am - 12pm Library Corner		<b>OT Skills Lab w/ OT Interns</b> 10am - 11am HT Space				<b>Intergen Zumba w/ Julissa</b> 10am - 11am Flagpole	
<b>Mahjong w/ Irene</b> 10am - 12pm Library Corner	<b>Sing Along w/ Cris</b> 11am - 12pm Art Room	<b>Full Body Tone w/ Jason</b> 11am - 12pm Sunken Garden		<b>Conversations w/ Rebecca</b> 11am - 12pm Art Room	<b>Seated Mindful Movement w/ Diego</b> 11am - 12pm Sunken Garden	<b>Full Body Tone w/ Jason</b> 11am - 12pm Sunken Garden	
<b>Crochet Open Studio w/ Mary Beth</b> 12pm - 1pm HT Space	<b>Men's Group</b> 12pm - 1pm MPR	<b>Billiards for Beginners w/ Katie</b> 12pm - 1pm MPR	<b>Strength &amp; Tone w/ Natalia</b> 12pm - 1pm Sunken Garden	<b>Crochet Open Studio w/ Mary Beth</b> 12pm - 1pm HT Space	<b>Grief &amp; Loss w/ Tom</b> 12pm - 1pm MPR	<b>Billiards for Beginners w/ Katie</b> 12pm - 1pm MPR	<b>Strength &amp; Tone w/ Natalia</b> 12pm - 1pm Sunken Garden
<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar	<b>Restorative Yoga w/ Lisa</b> 1pm - 2pm Sunken Garden	<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar		<b>General Tech Help w/ Ariana</b> 1pm - 2pm Tech Bar	<b>Restorative Stretch w/ Lisa</b> 1pm - 2pm Sunken Garden
		<b>Stability &amp; Core w/ Jill</b> 1pm - 2pm Sunken Garden				<b>Stability &amp; Core w/ Jill</b> 2pm - 3pm Sunken Garden	
<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR				<b>Billiards for Beginners w/ Katie</b> 3pm - 4pm MPR			