

Flexible Classes: March 9-12



Seated Fitness Class
의자 피트니스 수업

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

Flexible Classes: March 16-19



Seated Fitness Class
의자 피트니스 수업

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