



# Community Center Schedule

**Hours:** M-F: 8am-6pm Sat: 8am-2pm, Sun: Closed

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30a Fitness For Life (Healthcare Program Eligible)	8:30-9:30a Tai Chi	9:30-10:30a Fitness for Life (Healthcare Program Eligible)	8:30-9:30a Tai Chi	9:30-10:30am Fitness for Life (Healthcare Program Eligible)
11a-12p Fitness Forever (Healthcare Program Eligible)	9-10:15a Feldenkrais	11am-12p Fitness Forever (Healthcare Program Eligible)	9-10:15a Feldenkrais	11am-12pm Fitness Forever (Healthcare Program Eligible)
1-3p Chair Volleyball (Healthcare Program Eligible)	10:45-11:45a Yoga Stretch		10:45-11:45a Yoga Stretch	
	5-6p Full Body Conditioning		1-3pm Chair Volleyball (Healthcare Program Eligible)	
			5-6p Full Body Conditioning	