

Ongoing Exercise Classes

All classes in Assembly Room, unless otherwise specified.

Monday

- Fitness Video; 9:00am
- Balance/Fall Protection; 9:30am

Tuesday

- Fitness Video; 9:00am
- Upper Body Strengthening; 9:30am
- Arthritis Exercise; 10:15am
- Yoga; 11:00am; (4th Floor Lounge)

Wednesday

- Fitness Video; 9:00am
- Stretching; 9:30am
- Tai Chi; 10:45am (Channel 2)

Thursday

- Fitness Video; 9:00am
- Lower Body Strengthening; 9:30am
- Arthritis Exercise; 10:15am

Friday

- Fitness Video; 9:00am
- Balance/Fall Protection; 9:30am
- Memory Fitness; 1:00pm (3rd Fl. Lounge)
- **Saturday and Sunday on Channel 2**
- Morning Stretch; 9:30am
- Sit n' Get Fit; 4:00pm