



OFFICE ON AGING COVID-19

PHYSICAL ACTIVITY PROGRAM TV35 SCHEDULE

MONDAY 11AM & 3PM (REPEAT)

EXERCISE CLASS W/ DONNA

TUESDAY 11AM & 3PM (REPEAT)

YOGA CLASS W/ DONNA

THURSDAY 11AM & 3PM (REPEAT)

EXERCISE CLASS W/ JILL

SATURDAY & SUNDAY 11AM & 3PM

ALTERNATING REPEATS FROM EARLIER WEEKS

W/ DONNA & JILL

**** please call or email us each time you take a class ****