



WEEKLY CLASSES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Fall Prevention Tai Chi</u> Instructor: Michael 9:45am - 11:15am FREE	<u>Tai Chi I</u> Instructor: David 9:30am - 10:30am \$8 Member \$10 Non-member	<u>Fall Prevention Tai Chi</u> Instructor: Michael 9:45am - 10:45am FREE	<u>Tai Chi II</u> Instructor: David 9:30am - 10:30am \$8 Member \$10 Non-member	<u>Muscle & Movement</u> Instructor: Robert 9:30am - 10:30am \$8 Member \$10 Non-member	<u>Intro to Buddhism</u> Instructor: Frankie 10am - 11am FREE
<u>Mindful Yoga</u> Instructor: Laura 12pm - 1pm \$8 Member \$10 Non-member	<u>NW Walking Group</u> 11am - 12pm FREE	<u>Low-Impact Kickboxing</u> Instructor: Steven 11:30am - 12:30pm \$8 Member \$10 Non-member	<u>Dance Around the World</u> Instructors: Sue & Carol <u>Intro Session DATW</u> 1pm - 1:30pm <u>Regular DATW Session</u> 1:30pm - 2:30pm \$8 per class	<u>Mindful Yoga</u> Instructor: Laura 11am - 12pm \$8 Member \$10 Non-member	<u>NW Walking Group</u> 11am - 12pm FREE
		<u>EPS Bridge Club</u> 12:30pm - 2:30pm FREE	<u>Pilates: Intro to Core</u> Instructor: Mike 10:45am - 11:45am \$8 Member \$10 Non-member		