



SENIOR EXERCISE PROGRAMS - SPRING 2021

TUESDAY: 10:30-11:15am - ZOOM Exercise class (link sent weekly)
(please send an email to office if interested in joining)

WEDNESDAY: 10:00-10:45am - "In Person Exercise Class" - Embassy Suites,
Connell Park. *(Must call or email Rec office to register each week)*

WEDNESDAY: 11:00-12:00pm - "**Senior Snacks and Social**" (Tea/Coffee,
pastries and a discussion group lead by Lois who will guide the topics week to
week) – **NOTE:** *You do NOT have to participate in the exercise class to enjoy
the Senior Snack and Social.*

FRIDAY: 10:00-10:45am - "In Person Exercise Class" - Embassy Suites,
Connell Park. *(Must call or email Rec office to register each week)*

*If you know any senior interested in joining or you yourself are interested in
joining any of our programs, please email the Recreation Department and let
us know. We will add you to our email list and directory.*