

HOLIDAY PROGRAM OF CLASSES ON ZOOM

January 4 – 30

All classes in black print require a ZOOM PASS

All sessions in red print are the free Staying Connected Program

MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

CHAIR YOGA
With Amanda Pockett
9.30 – 10.30 am

TAI CHI
With Angelina Chung
9.15 – 10.15 am

MEDITATION
With Rajiv Thacker
10 am – 12

SENIORS' IT
With Barb Donelson
1 – 2.30 am

GENTLE EXERCISE
With Linda Barnett
1.30 – 2.30 pm

GENTLE EXERCISE
With Mary Kastes
2.30 – 3.30 pm

RECORDED CLASSES AVAILABLE:

PILATES with Marg, WEIGHTS/STRENGTH TRAINING with Marg, YOGA & RELAXATION with Leone – ZOOM PASS required for access to these recordings. You will be emailed a link to the recording on January 4 and you can use it when and as often as you like. The link will cease to be erased on January 31.

ZOOM ROOM PASS STRUCTURE FOR HOLIDAY PROGRAM:

Basic Pass	= 1 class per week @ \$5 per class x 4 weeks =	\$20 for 4 classes	(\$5 pw)
Bronze Pass	= 2 classes per week @ \$4.50 per class x 4 weeks =	\$36 for 8 classes	(\$9 pw)
Silver Pass	= 3 classes per week @ \$4 per class x 4 weeks =	\$48 for 12 classes	(\$12 pw)
Gold Pass	= 4 classes per week @ \$3.50 per class x 4 weeks =	\$56 classes for 16 classes	(\$14 pw)
Platinum Pass	= Unlimited classes each week x 4 weeks =	\$64 unlimited classes	(\$16 pw)