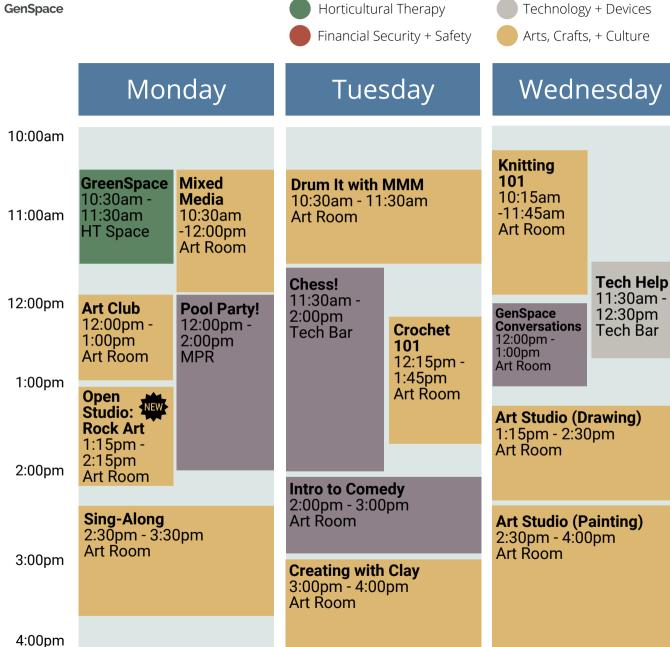
Social Connection + Storytelling

Fitness/Wellness on Page 2



Wallis Annenberg **GenSpace**

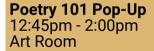


Wednesday

Thursday

GreenSpace 10:30am - 11:30am **HT Space**

GenSpace Voices 11:30am - 12:30pm Art Room





Painter's Palette 2:30pm - 3:45pm Art Room



Health, Fitness, + Wellness Schedule

	Monday	Tuesday	Wednesday	Thursday
10:00am	Relaxing Meditation 10:30am - 11:30am	Dance Aerobics 10:15am - 11:15am Fitness Room	Breathe 101 10:30am - 11:00am Fitness Room	
11:00am	Fitness Room	Filliess Roolli	Filliess Rootii	Chair Strength + Tone 10:30am - 11:30am Fitness Room
12:00pm	Restorative Stretching 11:45am - 12:45pm Fitness Room	Dance Aerobics 11:30am - 12:30pm Fitness Room	Strength + Tone 11:30am - 12:30pm Fitness Room	Tranquil Chairs 11:40am - 12:40pm Fitness Room
1:00pm	Movement Fusion 12:50pm - 1:35pm Fitness Room	Barre Sculpt 12:45pm - 1:45pm Fitness Room	Long Gentle Movement 12:45pm - 1:45pm Fitness Room	Resistance Band Training 12:45pm - 1:45pm Fitness Room
2:00pm	Harmony in Motion 1:45pm - 2:45pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room	Tai Chi 1:50pm - 2:50pm Fitness Room	Latin Dance 1:50pm - 2:45pm Fitness Room
3:00pm	Latin Dance 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room	Dance it Out! 3:00pm - 4:00pm Fitness Room	Upper Body Burn 3:00pm - 4:00pm Fitness Room
4:00pm				