

Monday	Tuesday	Wednesday
<p>10:00 Standing Pilates w/Kim (<i>McCandless Room and ZOOM</i>)</p> <p>11:00 Let's Get Moving (<i>McCandless Room and ZOOM</i>)</p> <p><u>11:00</u> Exercise with Susan (Z)</p> <p><u>11:30</u> Zumba with Jane (Z)</p> <p>12:30 Line Dancing w/ Theresa (<i>Senior Center</i>)</p> <div data-bbox="138 747 641 869" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>DRAWING CLASS w/ Deirdre CALL CENTER FOR DETAILS</p> </div>	<p>10:00 Chair Yoga w/Arleen (<i>McCandless Room and ZOOM</i>)</p> <p><u>11:00</u> Stretch w/Stephen (Z)</p> <p><u>11:00</u> Tai Chi w/Richard (Z)</p> <div data-bbox="729 579 1196 699" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>WATERCOLOR CLASS w/Dorrie CALL CENTER FOR DETAILS</p> </div>	<p><u>9:30</u> QIGONG w/Johanna (Z)</p> <p><u>11:30</u> Zumba w/Jane (Z)</p> <div data-bbox="1261 569 1589 779" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>ACRYLIC CLASS w/ Deirdre CALL THE CENTER FOR DETAILS</p> </div>
<div style="display: flex; justify-content: space-between;"> Thursday Friday </div>		
<p>9:30 Folk Dancing (<i>Oresko Park</i>)</p> <p>11:00 QiGong/Tai Chi w/Johanna (<i>McCandless Room and ZOOM</i>)</p> <p>1:00 Advanced Tap w/Jean (<i>Senior Center</i>)</p> <p><u>6:00 pm</u> Stretching/Weights w/Stephen (Z)</p> <div data-bbox="107 1499 683 1703" style="border: 1px solid black; padding: 5px;"> <p>ITALIAN CLASS – CALL CENTER FOR DETAILS</p> <p>SPANISH CLASS – CALL CENTER FOR DETAILS</p> </div>	<p><u>10:00</u> Standing Pilates w/Kim (Z)</p> <p>10:00 Stretch w/ Stephen (<i>McCandless Room and ZOOM</i>)</p> <p><u>11:30</u> Zumba w/Jane (Z)</p> <p><u>1:00</u> Exercise w/Susan (Z)</p> <div data-bbox="721 1472 1214 1619" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>WATERCOLOR CLASS w/ Deirdre CALL CENTER FOR DETAILS</p> </div>	

CLASSES IN BOLD ARE BOTH ZOOM AND IN PERSON CLASSES – These classes practice social distancing and masks are required. All meeting ID and passwords are on the back of this sheet. Please call the center to sign up for the in person classes.

Zoom Classes Meeting ID and Passcodes

1. Go to www.zoom.us
2. Click JOIN A MEETING
3. Enter Meeting ID and Passcode

MONDAY

PILATES with Kim—MONDAY at 10:00

Meeting ID: 774 1878 5675

Passcode: Tenafly21

LET'S GET MOVING with Kim—MONDAY at 11:00

Meeting ID: 737 7389 753

Passcode: Tenafly21

EXERCISE with Susan - MONDAY AT 11:00 AM

Meeting ID: 859-3845-1130

Passcode: No PW— waiting room

ZUMBA with Jane - MONDAY AT 11:30 am

Meeting ID: 288 839 4708

Passcode: zumba10

TUESDAY

CHAIR YOGA W/ ARLEEN - TUESDAY AT 10:00

Meeting ID: 618 659 8099

Passcode: yoga

WEIGHTS with Stephen - TUESDAY at 11:00

Meeting ID: 601-513-8698

Passcode: 8BcN2b

TAI CHI with Richard - TUESDAY at 11:00

Meeting ID: 726 9879 2230

Passcode: 824244

WEDNESDAY

QIGONG with Johanna WEDNESDAY at 9:30

Meeting ID: 883 0858 8099

Passcode: TCENTER930

ZUMBA with Jane - WEDNESDAY at 11:30

Meeting ID: 288 839 4708

Passcode: zumba10

THURSDAY

QIGONG with Johanna WEDNESDAY at 11:00

Meeting ID: 883 0858 8099

Passcode: TCENTER930

WEIGHTS with Stephen - THURSDAY EVENING AT 6:00 PM

Meeting ID 601-513-8698

Passcode: 8BcN2Bf

FRIDAY

WEIGHTS with Stephen - FRIDAY AT 10:00

Meeting ID 601-513-8698

Passcode: 8BcN2b

PILATES with Kim—FRIDAY at 10:00

Meeting ID: 746 3725 7488

Passcode: Pilates

ZUMBA with Jane - FRIDAY at 11:30

Meeting ID: 288 839 4708

Passcode: zumba10

EXERCISE with Susan - FRIDAY at 1:00

Meeting ID: 84131539903

Passcode: 4rVrG7

PRINT UP AND SAVE OR STOP BY THE CENTER TO
PICK UP A HARD COPY.