

# Exercise Opportunities

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**Please refer to the calendar or newsletter for details and times**

Monday:

- ♦ Line Dancing

Tuesday:

- ♦ Active Fitness 50+
- ♦ Belly Dancing
- ♦ Kripalu Yoga

Wednesday:

- ♦ Active Fitness 50+
- ♦ Let's Get Fit-a-Bit
- ♦ Zumba Gold

Thursday:

- ♦ Active Fitness 50+
- ♦ Qi-Gong & Yoga

Friday:

- ♦ Active Fitness 50+
- ♦ Tai Chi

Saturday:

- ♦ Kripalu Yoga

