*Chair Yoga*

Monday, July 29 – 8:30 a.m. & 6:00 p.m.

Tuesday, July 30 – 6:30 a.m. & 8:30 a.m.

Wednesday, July 31 – 8:30 a.m.

Thursday, August 1 – 5:00 p.m.

Saturday, August 3 – 8:30 a.m.

*Gentle Yoga*

Monday, July 29 – 6:00 a.m. & 10:00 a.m.

Tuesday, July 30 – 6:00 p.m.

Friday, August 2 – 6:00 a.m. & 10:00 a.m.

Saturday, August 3 – 6:00 a.m.

Sunday, August 4 – 6:00 a.m.

*Global Connections Television: Laura Hagg, Director for Capacity Building and Governance with the International City County Management Association*

Monday, July 29 – 4:00 p.m.

Tuesday, July 30 – 9:00 a.m. & 7:00 p.m.

Wednesday, July 31 – 6:00 a.m.

Sunday, August 4 – 7:00 p.m.

*Moving Freely*

Monday, July 29 – 7:00 a.m.

Tuesday, July 30 – 5:00 p.m.

Wednesday, July 31 – 7:00 a.m.

Friday, August 2 – 7:00 a.m.

*Strength Training for Senior Citizens*

Tuesday, July 30 – 7:00 a.m. & 4:00 p.m.

Thursday, August 1 – 4:00 p.m.

Friday, August 2 – 9:00 a.m.

Saturday, August 3 – 7:00 a.m.

*White House Chronicle*

Monday, July 29 – 5:00 p.m.

Thursday, August 1 – 6:30 p.m.

Saturday, August 3 – 5:30 a.m.

*Zesty Chair Exercises*

Monday, July 29 – 8:00 a.m. & 5:30 p.m.

Tuesday, July 30 – 8:00 a.m.

Wednesday, July 31 – 8:00 a.m.

Thursday, August 1 – 5:30 p.m.

Friday, August 2 – 8:00 a.m.

Saturday, August 3 – 8:00 a.m.

Sunday, August 4– 2:30 p.m.