*Chair Yoga*

Monday, February 24 – 8:30 a.m. & 6:00 p.m.

Tuesday, February 25 – 6:30 a.m. & 8:30 a.m.

Wednesday, February 26 – 8:30 a.m.

Thursday, February 27 – 5:00 p.m.

Saturday, March 1 – 8:30 a.m.

*Gentle Yoga*

Monday, February 24 – 6:00 a.m. & 10:00 a.m.

Tuesday, February 25 – 6:00 p.m.

Friday, February 28 – 6:00 a.m. & 10:00 a.m.

Saturday, March 1 – 6:00 a.m.

Sunday, March 2 – 6:00 a.m.

*Global Connections Television: Tony Payan, PhD, Executive Director of the Center for the US and Mexico at Rice University’s Baker Institute for Public Policy*

Monday, February 24 – 4:00 p.m.

Tuesday, February 25 – 9:00 a.m. & 7:00 p.m.

Wednesday, February 26 – 6:00 a.m.

Sunday, March 2 – 7:00 p.m.

*Moving Freely*

Monday, February 24 – 7:00 a.m.

Tuesday, February 25 – 5:00 p.m.

Wednesday, February 26 – 7:00 a.m.

Friday, February 28 – 7:00 a.m.

*Strength Training for Senior Citizens*

Tuesday, February 25 – 7:00 a.m. & 4:00 p.m.

Thursday, February 27 – 4:00 p.m.

Friday, February 28 – 9:00 a.m.

Saturday, March 1 – 7:00 a.m.

*Weather Or Not*

Thursday, February 27 – 6:15 p.m.

Friday, February 28 – 5:45 a.m. & 8:15 p.m.

Saturday, March 1 – 2:45 p.m.

*White House Chronicle*

Monday, February 24 – 5:00 p.m.

Thursday, February 27 – 6:30 p.m.

Saturday, March 1 – 5:30 a.m.

*Zesty Chair Exercise*

Monday, February 24 – 8:00 a.m. & 5:30 p.m.

Tuesday, February 25 – 8:00 a.m.

Wednesday, February 26 – 8:00 a.m.

Thursday, February 27 – 5:30 p.m.

Friday, February 28 – 8:00 a.m.

Saturday, March 1 – 8:00 a.m.

Sunday, March 2 – 2:30 p.m.