**April zoom online fitness schedule**

**Effective: April 1st – 10th**

***(Schedule Subject to Change)***

**Monday & Wednesday**

9 am Yoga

10:15 am Beginners tai chi 24 forms

**Tuesday & Thursday**

9 am Pilates

10:15 am All forms tai chi

11:30 am Stretch – Balance & Flow

**Friday**

10:45 am 3 forms tai chi

8 solo – 10 & 16 yang style

12:45 pm 40 forms tai chi

**\*\*Specialties\*\***

\*\*\*Monday’s only 11:30 am Chair fitness

\*\*\*Tuesday only 1:00 pm Gentle Yoga

\*\*\*Wednesday’s only 4:00 pm Virtual Happy Hour

\*\*\*Friday’s only 9:30 am Virtual Coffee & Chat

\*\*\*Please join any or all classes – No limits

\*\*\*Donation base but not required\*\*\*