

SAS VIRTUAL PROGRAM SCHEDULE



FALL SESSION: SEPT 8 - DEC 18



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30—10:30	9:30—10:30	9:30—10:30	9:30—10:30	9:30-10:30
Tai Chi Susan	Osteoporosis Fitness Julie	Osteoporosis Fitness Sue	Gentle Fitness Edith NEW TIME!	Osteoporosis Fitness Julie
11:00—12:00	11:15—12:15	11:00—12:00	10:45—11:45	11:00—12:00
BeFit! Marie NEW TIME!	Functional Fitness Marie	Gentle Yoga Vaness	Dancercise Joseph	Functional Fitness Julie
Made possible with support from 	12:30—1:30		1:00-2:30	12:00-1:00
	Stretch & Relax Edith		People & Current Events Teleconference (Limited enrollment)	Hispanic Seniors Club Teleconference (Limited enrollment)