



Movement for Longevity Fitness Class Schedule

M

9:00 AM Stretch & Flex
10:15 AM Gentle Yoga

T

10:00 AM Tai Chi
5:15 PM Gentle Yoga

W

8:45 AM Strength &
Balance
10:00 AM Gentle Yoga

T

10:00 AM Tai Chi

F

9:00 AM Rhythm
to Movement

