

Virtual Group Exercise Classes

Oct. - Nov. 2020



W

Th

Yoga w/
Tai

Yasuda:

5:30 pm

to

6:10 pm

Yoga w/
Ashley

Steele:

5:10 pm

to

5:50 pm

All group exercise classes will be held through Zoom. Class links will be distributed through Facebook and the Daily News the day of class. Please follow us on Facebook [HERE](#), so you don't miss out on upcoming classes!

