

Exercise Classes at the Multipurpose Room Creekside

Day	Time/Class	What to Bring	Instructor	Location
Monday	Zumba/Strength 8:00-9:00 am	Floor mat & weights	Morgan Bennett	Creekside Multi-Purpose Room
Monday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 9:30-10:30 am	Floor mat & weights	Anthony Merrill	Creekside Multi Purpose Room
Tuesday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 8:00-9:00 am	Floor mat & weights	Anthony Merrill	Creekside Multi-Purpose Room
Wednesday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 8:00-9:00 am	Floor mat & weights	Anthony Merrill	Creekside Multi-Purpose Room
Wednesday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 9:30-10:30 am	Floor mat & weights	Anthony Merrill	Creekside Multi-Purpose Room
Thursday	Strength/Pilates 8:00-9:00 am	Floor mat, light weights	Morgan Bennett	Creekside Multi-Purpose Room
Friday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 8:00-9:00 am	Floor mat & weights	Anthony Merrill	Creekside Multi-Purpose Room

Friday	Fit 4 Life: Strength, Balance, Flexibility & Mobility 9:30-10:30 am	Floor mat & weights	Anthony Merrill	Creekside Multi-Purpose Room
Saturday	T'ai Chi 8:00-9:00 am		Dell Simmons	Convention Center Parking Lot/Creekside Multi-Purpose Room depending on weather.

PLEASE NOTE:

- All classes are \$6.00 and payable to the instructor on the day of the class
- T'ai Chi is held in the Convention Center parking lot.
- The Creekside room has added a rack of weights ranging from 3-10 lbs. and resistance bands. You are welcome to use the weights to minimize what you need to bring to class, but there would not be enough lighter weights 2-5 lbs. for an entire class, so you should still plan on bringing those.
- For more information, please email: Marsha Ehram

January, 2022