# Exercise Classes at the Multipurpose Room Creekside

| Day | Time/Class | What to Bring | Instructor | Location |
|---|---|---|---|---|
| Monday | Zumba/Strength Class<br>8:00-9:00 AM | Floor mat & weights | Morgan Bennett | Creekside Multi-Purpose Room |
| Monday | Fit 4 Life, Strength, Flexibility & Mobility<br>9:30-10:30 AM | Floor mat & weights | Anthony Merrill | Creekside Multi-Purpose Room |
| Tuesday | Strength, Balance, Flexibility & Mobility<br>8:00-9:00 AM | Floor mat & weights | Linda Morgan | Creekside Multi-Purpose Room |
| Tuesday | T'ai Chi<br>9:15-10:30 AM | Comfortable clothes and shoes | Dell Simmons | Creekside Multi-Purpose Room |
| Wednesday | Fit 4 Life: Strength, Flexibility & Mobility<br>9:30-10:30 AM | Floor mat & weights | Anthony Merrill | Creekside Multi-Purpose Room |
| Thursday | Strength/Pilates<br>8:00-9:00 AM | Floor mat & light weights | Morgan Bennett | Creekside Multi-Purpose Room |
| Thursday | Chair Yoga<br>10:30-11:30 AM | Nothing required | Tricia Nakini | Creekside Multi--Purpose Room |
| Friday | Fit 4 Life: Strength, Balance, Flexibility & Mobility | Floor mat & weights | Anthony Merrill | Creekside Multi-Purpose Room |

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| | 9:30-10:30 AM | | | |
| Saturday | T'ai Chi<br><br>9:15-10:30 AM | | Dell Simmons | Outside Pink Palace Building. Inclement weather will be in the Creekside Building Mullti-Purpose Room |

**PLEASE NOTE:**

- All classes are $6.00 and payable to the instructor on the day of the class.
- 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.
- Please contact the instructors with questions at their contact info below:
    - Morgan Bennett, Morganbennett@yahoo.com
    - Anthony Merrill, fit4life1257@gmail.com or 631-804-8500
    - Linda Morgan, 704-763-0970
    - Tricia Nakini, yogabytricia@yahoo.com or 843-485-3632
    - Dell Simmons, 267-625-3117

May 22, 2025