

## More Things To Do...

### Virtual Positive Aging Programs-

#### Women Living Alone **V P**

Thurs., May 5 & 19, 1-2:30 p.m.  
Course #21950; Free

#### Brain Games **V P**

Tues., May 10 & 24, 2:30-4 p.m.  
Course #21949; Free

#### Living Alone (Men & Women) **V P**

Thurs., May 12 & 26, 1-2:30 p.m.  
Course #21952; Free

#### Managing Stress During the Pandemic **V P**

Fri., May 6, 13, 20, 27, 11 a.m.-12 p.m.  
Course #21954; Free

#### Relationship Boundaries **V P**

Tues., May 3 & 17, 2:30-4 p.m.  
Course #21946; Free

#### Creating a Gratitude Practice **V P**

Tues., May 31, 2:30-4 p.m.  
Course #21955; Free

#### Back Pain and Sciatica **V P**

Wed., May 4, 1-2 p.m.  
Dr. Carlos Martinez from CAM Physical Therapy and Wellness Services will share how back pain and sciatica affect us, causes of back pain, the anatomy of the back, how a physical therapist can help and pain-management strategies. Course #21875; Free

#### Activities for People with Dementia and Memory Problems **V P**

Thurs., May 12, 1-2 p.m.  
Teaches skills to provide daily activities for loved ones, including artistic, social, work and exercise. Presented by Maria Khadar, director of JK House of Grace. Course #21893; Free

#### Stroke: Hope Through Science **V P**

Tues., May 17, 1-2 p.m.  
Identifies risk factors, prevention and the latest treatment options for strokes. Presented by Terri Cook, a registered nurse with Adventist HealthCare. Course #22035; Free

### The Influence of Family on Society **V P**

Tues., May 24, 1-2:30 p.m.  
Take part and share thoughts to help build a better, happier future by supporting family life, education and training. Presented by Bill Neely, Getting Along Better, LLC. Course #22720; Free

### Chairobics

Fri., April 15-June 10, 12:15-1:15 p.m.  
Offers a variety of movements to get your heart pumping and your muscles working while using a variety of equipment. Most exercises will be done seated. Course #22718; \$35/\$48

### Zumba Gold

Fri., April 15-June 10, 1:30-2:15 p.m.  
This easy Latin and internationally inspired program is designed for beginners. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout. Course #22754; \$35/\$48

### Personal Training Program

Be evaluated by a nationally certified personal trainer who designs an individualized program for you. Register at the front desk of the Rockville Senior Center and you will be contacted by one of our trainers to schedule an appointment. Fitness Club members only.

#### One Hour Session:

Course #2254; \$52

#### Two, One Hour Sessions:

Course #2255; \$100

#### Three, One Hour Sessions:

Course #2256; \$142

#### Six, One Hour Sessions:

Course #2257; \$265

#### Ten, One Hour Sessions:

Course #2258; \$415

### Fitness Assessments

Beginning the month of May, the Fitness Department will be offering FREE fitness assessments to fitness members. This offer is for a limited time only. Register for this free assessment at the trainers desk!

### COVID-19 VACCINE INFORMATION:

To make your first or second dose appointment with Montgomery County, call 240-777-2982 or email c19vaccination@montgomerycountymd.gov. Booster shots are also available.

### In person May Movie Matinees

Thurs. & Fri., 12:30-2:30 p.m.  
Must be a senior center member and register.

#### Cyrano (2021)

May 12 & 13, 12:30-2:30 p.m.  
A symphony of emotions with music, romance, and beauty. A timeless tale of a heartbreaking love triangle. Rated PG-13 for Suggestive material, some strong violence, brief language, thematic material.

Thurs. Course #23651

Fri. Course #23654

#### Death of the Nile (2022)

May 19 & 20, 12:30-2:30 p.m.  
Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping desert vistas and the majestic Giza pyramids. Rated PG-13 for some bloody images, sexual material, violence.

Thurs. Course #23652

Fri. Course #23655

#### How to Spot Fake News **V**

Fri., May 13, 1-2 p.m.  
Concerned about fake news? In the digital age, anyone can publish anything on the internet. This lecture will provide a helpful explanation for the increase in the use of the term fake news, as well as give you some tools to evaluate news sources. We'll also review popular fact-checking sites. Once date is confirmed an email will be sent to registrants.

Course #22045; Free

## Rockville Seniors

### The Center's Monthly Highlights and Calendar

MAY 2022



MOST classes are virtual, a device and internet is required.

**V** = Virtual Program

**P** = Programs are available to listen through phone!

#### Books to Movies: "Unbroken" **V P**

Mon., May 2-16, 10:30-11:30 a.m.  
Three-part series on "Unbroken." Part one: Author Laura Hillenbrand: Montgomery County's own; Part two: The book "Unbroken: A World War II Story of Survival Resilience, and Redemption" covers five periods of the life of Louis Zamperini; Part three: The movie. Instructor: Joan Adams. Course# 21903; \$18/\$27

#### Your Heart, Your Life Series **V P**

Tues., May 3, 1-2 p.m.  
Session 8- Make Heart Healthy Eating a Family Affair. Lessons providing information for healthy lifestyle changes. Presented by Adventist HealthCare. Course# 22033; Free

#### Life Changing Inventions **V P**

Thurs., May 5, 1-2 p.m.  
The wheel, paper, gun powder and the printing press all changed lives, but we grew up with them, so nothing changed for us. Maybe you're thinking about radio or telephone. They, too, have been here for most of our lives. So what inventions are life-changing now? Come, learn more, and share how these inventions changed your life. Course# 21942; \$6/\$9

#### Mother's Day Tea: Outdoors (in-person)

Fri., May 6, 11 a.m.-12 p.m.  
Be our guest for a tea party to celebrate mothers. The celebration includes tea and an assortment of tasty

treats. Show off your best hats and attire for this festive occasion.

Course# 22062; \$5/\$7

#### May Wine and Cheese (in-person)

Tues., May 17, 4:30-6 p.m.  
Enjoy the evening at the Senior Center with friends, wine, and refreshments. Registration is required. Sponsored by Brightview Falls Grove. Course #22037; Free/\$5

#### Painting with Cathy: Starfish on Wine Glasses (in-person)

Mon., May 16; 1-3 p.m.  
The instructor, Cathy Pasquariello, brings the instructions and all the supplies! No painting experience is required. Course# 21925; \$12/\$15

#### Cooking Class: Italian Pizza Party **V**

Wed., May 18; 3-4:30 p.m.  
Join Chef Alba as she prepares pizza dough from scratch, the original Pizza Margherita, Florentine Rosemary Sea Salt Pizza, and for dessert Pizza Fritta with sugar and cinnamon. Recipes will be shared. Course# 21906; \$15/\$20

#### Art Reception **V**

Thurs., May 19, 6:30-8 p.m.  
Featuring the work of Val Fry's watercolor classes. Registration is required for Zoom link. Course# 22020; Free

#### Dance the Night Away (in-person)

Thurs., June 2, 7-8:30 p.m.  
Experience a night of dancing and laughs with friends. Dress to impress and enjoy music from the local band The Digits. Sponsored by Brightview Falls Grove. Cookies and punch will be served. Registration is required. Course# 21991; \$6; \$9

### Senior Center Hours of Operation

-Office & Building Hours:  
Mon.- Fri.: 8:30 a.m.- 5 p.m.  
-Fitness Room Hours:  
Mon., Wed., & Fri.: 7 a.m.-5 p.m.  
Tues., Thurs.: 7 a.m.-7 p.m.  
Sat.: 9 a.m.- 1 p.m.

### Summer Registration is here!

Senior Center member registration begins: **Tuesday, May 3.**  
Nonmember registration begins: **Thursday, May 5.**  
Senior guide available for viewing at [rockvillemd.gov/seniorcenter](http://rockvillemd.gov/seniorcenter)

### Registration options:

-In-person: 8:30 a.m.-5 p.m.  
-Mail: check and registration form  
-Call: 240-314-8800  
-Online:

[Rockvillemd.gov/registration](http://Rockvillemd.gov/registration)

### Club News

• Attention all clubs: If you are not a current member and would like to join one of the clubs below, please email [seniorrecreation@rockvillemd.gov](mailto:seniorrecreation@rockvillemd.gov)

### Young in Heart

Thurs., May 19  
Off-Site Luncheon

### Willing 3C's Meeting

(in-person)  
Fri., May 20, 11:30 a.m.  
Bingo!

### Red Hat Meeting

Tues., May 17  
Off-Site Luncheon

**MONDAY**

9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question	9-9:45	Total Conditioning
10-10:50	Easy Zumba	9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training	10-10:45	Belly Dance Basics
10-12	Android Basics	9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit	10-11	Yoga for You
10-12	English Class	10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class	11-12	A Royal Mother's Day Tea
10:30-11:30	Books to Movies "Unbroken"	10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab	11-12	Positive Aging Program
11-12	Chair Exercise	10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout	10-2	Drop in Chess
12-1:30	Memory Cafe	11:30-1:30	Wellness Coach	10-11		11:30-1:30	Wellness Coach	11:15-12	Bilingual Yoga with a Chair
12:15-1:05	Total Body Fit	11-12	Aerobic Workout	10-12	Android Basics	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
1-2	Stress Reduction/Meditation	1-2	Arthritis Foundation Exercise	10-12	English Class	12:05-12:50	Drums Alive	12:15-1	Chi Gong (Qigong)
1-2:30	Piecemakers' Club	1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise	12:15-1:15	Chairobics
1-3	Forgot My Password?	1-3	File Management	12:15-1:05	Total Body Fit	1-2	Life Changing Inventions	1:30-2:15	Zumba Gold
1-3	English Conversation Classes	1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program	1-3	Fused Glass
1:15-2	Balance Matters	2-3	Handbells Spring	1-3	Hotmail Email Fundamentals	1:30-3	Drop in Mahjong	1:30-3	Drop in Bridge
2:15-3	On Your Feet Yoga Blend	2:15-3:15	Afternoon Yoga Flow	1-3	English Conversation Classes	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
5-5:45	Zumba Gold	2:30-4	Positive Aging Program	1:15-2	Balance Challenge			<b>SATURDAY</b>	
		5-5:45	Abs and Back	1:15-2	Plates Basics			10-11	Functional Training
				1:15-2	Piloxing				
				1:30-3	Drop in Bridge				
				5-5:45	Zumba Gold				

**TUESDAY**

9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question
9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit
10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class
10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab
10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout
11:30-1:30	Wellness Coach	10-11		11:30-1:30	Wellness Coach
11-12	Aerobic Workout	10-12	Android Basics	12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise	10-12	English Class	12:05-12:50	Drums Alive
1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise
1-3	File Management	12:15-1:05	Total Body Fit	1-2	Life Changing Inventions
1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program
2-3	Handbells Spring	1-3	Hotmail Email Fundamentals	1:30-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow	1-3	English Conversation Classes	2:15-3:15	Afternoon Yoga Flow
2:30-4	Positive Aging Program	1:15-2	Balance Challenge		
5-5:45	Abs and Back	1:15-2	Plates Basics		
		1:15-2	Piloxing		
		1:30-3	Drop in Bridge		
		5-5:45	Zumba Gold		

**WEDNESDAY**

9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question
9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit
10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class
10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab
10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout
11:30-1:30	Wellness Coach	10-11		11:30-1:30	Wellness Coach
11-12	Aerobic Workout	10-12	Android Basics	12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise	10-12	English Class	12:05-12:50	Drums Alive
1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise
1-3	File Management	12:15-1:05	Total Body Fit	1-2	Life Changing Inventions
1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program
2-3	Handbells Spring	1-3	Hotmail Email Fundamentals	1:30-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow	1-3	English Conversation Classes	2:15-3:15	Afternoon Yoga Flow
2:30-4	Positive Aging Program	1:15-2	Balance Challenge		
5-5:45	Abs and Back	1:15-2	Plates Basics		
		1:15-2	Piloxing		
		1:30-3	Drop in Bridge		
		5-5:45	Zumba Gold		

**THURSDAY**

9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question
9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training
9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit
10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class
10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab
10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout
11:30-1:30	Wellness Coach	10-11		11:30-1:30	Wellness Coach
11-12	Aerobic Workout	10-12	Android Basics	12-1	Grupo de Apoyo Hispano
1-2	Arthritis Foundation Exercise	10-12	English Class	12:05-12:50	Drums Alive
1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise
1-3	File Management	12:15-1:05	Total Body Fit	1-2	Life Changing Inventions
1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program
2-3	Handbells Spring	1-3	Hotmail Email Fundamentals	1:30-3	Drop in Mahjong
2:15-3:15	Afternoon Yoga Flow	1-3	English Conversation Classes	2:15-3:15	Afternoon Yoga Flow
2:30-4	Positive Aging Program	1:15-2	Balance Challenge		
5-5:45	Abs and Back	1:15-2	Plates Basics		
		1:15-2	Piloxing		
		1:30-3	Drop in Bridge		
		5-5:45	Zumba Gold		

**FRIDAY**

9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question	9-9:45	Total Conditioning
10-10:50	Easy Zumba	9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training	10-10:45	Belly Dance Basics
10-12	Android Basics	9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit	10-11	Yoga for You
10-12	English Class	10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class	11-12	A Royal Mother's Day Tea
10:30-11:30	Books to Movies "Unbroken"	10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab	11-12	Positive Aging Program
11-12	Chair Exercise	10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout	10-2	Drop in Chess
12-1:30	Memory Cafe	11:30-1:30	Wellness Coach	10-11		11:30-1:30	Wellness Coach	11:15-12	Bilingual Yoga with a Chair
12:15-1:05	Total Body Fit	11-12	Aerobic Workout	10-12	Android Basics	12-1	Grupo de Apoyo Hispano	11:15-12	Easy Feet
1-2	Stress Reduction/Meditation	1-2	Arthritis Foundation Exercise	10-12	English Class	12:05-12:50	Drums Alive	12:15-1	Chi Gong (Qigong)
1-2:30	Piecemakers' Club	1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise	12:15-1:15	Chairobics
1-3	Forgot My Password?	1-3	File Management	12:15-1:05	Total Body Fit	1-2	Life Changing Inventions	1:30-2:15	Zumba Gold
1-3	English Conversation Classes	1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program	1-3	Fused Glass
1:15-2	Balance Matters	2-3	Handbells Spring	1-3	Hotmail Email Fundamentals	1:30-3	Drop in Mahjong	1:30-3	Drop in Bridge
2:15-3	On Your Feet Yoga Blend	2:15-3:15	Afternoon Yoga Flow	1-3	English Conversation Classes	2:15-3:15	Afternoon Yoga Flow	5-5:45	Caribbean Dance Party
5-5:45	Zumba Gold	2:30-4	Positive Aging Program	1:15-2	Balance Challenge			<b>SATURDAY</b>	
		5-5:45	Abs and Back	1:15-2	Plates Basics			10-11	Functional Training
				1:15-2	Piloxing				
				1:30-3	Drop in Bridge				
				5-5:45	Zumba Gold				

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10-12	Android Basics	9:30-2	Watercolor Classes	9:30-2	Watercolor Classes	10-10:50	Forever Fit	10-11	Yoga for You
10-12	English Class	10-10:50	Forever Fit	10-10:50	Easy Zumba	10-12	English Class	11-12	A Royal Mother's Day Tea
10:30-11:30	Books to Movies "Unbroken"	10-12	Windows PC Backup	10-11	Yoga for You	10-12	Practice Lab	11-12	Positive Aging Program
11-12	Chair Exercise	10-12	English Class	10-11	Can I Sell my House and Buy Another One Simultaneously	11-12	Aerobic Workout	10-2	Drop in Chess
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1-2:30	Piecemakers' Club	1-2	Your Heart, Your Life Series	11-12	Chair Exercise	1-2	Arthritis Foundation Exercise	12:15-1:15	Chairobics
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1-3	English Conversation Classes	1-3	Bridge - Beginner III	1-2	Back Pain and Sciatica	1-2:30	Positive Aging Program	1-3	Fused Glass
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				1:15-2	Piloxing				
				1:30-3	Drop in Bridge				
				5-5:45	Zumba Gold				

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10-12	Android Basics	9:30-2	Watercolor Classes	9-9:45	Outdoor Group Training	10-10:50	Forever Fit	10-11	Yoga for You
10-12	English Class	10-10:50	Forever Fit	9-9:45	Watercolor Classes	10-12	English Class	10-2	Drop in Chess
10:30-11:30	Books to Movies, "Unbroken"	10-12	Avoiding PC Scams	9:30-2	Watercolor Classes	10-12	Practice Lab	11-12	Positive Aging Program
11-12	Chair Exercise	10-12	English Class	10-10:50	Easy Zumba	11-5:30	Nationals Trip	11:15-12	Bilingual Yoga with a Chair
12:15-1:05	Total Body Fit	11-12	Aerobic Workout	10-11	Yoga for You	11-12	Aerobic Workout	11:15-12	Easy Feet
1-2	Stress Reduction/Meditation	11:30-1:30	Wellness Coach	10-12	Android Basics	11:30-1:30	Wellness Coach	12:15-1:15	Chairobics
1-2:30	Piecemakers' Club	1-2	Arthritis Foundation Exercise	10-12	English Class	12-1	Grupo de Apoyo Hispano	12:15-1	Chi Gong (Qigong)
1-3	PC Malware	1-2	Science Tuesdays	11-12	Chair Exercise	12:05-12:50	Drums Alive	12:30-2:30	Movie: Cyrano
1-3	English Conversation Classes	1-3	Simple Typing Tips	12:15-1:05	Total Body Fit	12:30-2:30	Movie: Cyrano	1-2	Senior Planet
1:15-2	Balance Matters	1-3	Bridge - Beginner III	1-3	Using Right Click - Left Click	1-2	Activities for People with Dementia	1-3	Fused Glass
2:15-3	On Your Feet Yoga Blend	2-3	Handbells	1-3	English Conversation Classes	1-2	Arthritis Foundation Exercise	1:30-2:15	Zumba Gold
5-5:45	Zumba Gold	2:15-3:15	Afternoon Yoga Flow	1:15-2	Balance Challenge	1-2	Arthritis Foundation Exercise	1:30-3	Drop in Bridge
		2:30-4:30	Positive Aging Program	1:15-2	Plates Basics	1-2:30	Positive Aging Program	5-5:45	Caribbean Dance Party
		5-5:45	Abs and Back	1:15-2	Piloxing	1:30-3	Drop in Mahjong		
		5-7	Supper Club	1:30-3	Drop in Bridge	2:15-3:15	Afternoon Yoga Flow		
				5-5:45	Zumba Gold			<b>SATURDAY</b>	
								10-11	Functional Training

9-9:45	Total Conditioning	9-9:45	Strength Training	9-9:45	Chair Cardio	8-10	I Have a Question	9-9:45	Total Conditioning
10-10:50	Easy Zumba	9:15-2	Piano Lessons	9-9:45	Outdoor Group Training	9-9:45	Strength Training	10-10:45	Belly Dance Basics
10-12	Android Basics	9:30-2	Water						