



# FREE PROGRAMS with MEMBERSHIP updated 1.1.22

## Mondays

## Tuesdays

## Wednesdays

## Thursdays

## Fridays

<b>10:00 - 11:00 - (V)</b> <b>Myerberg Movie Reviews</b> 3rd Monday of the month	<b>11:00 - 11:45 (V)</b> <b>Get in the Groove</b> <i>Ilysa Cohen</i> A, S, B	<b>11:00 - 11:45 (V)</b> <b>Get in the Groove</b> <i>Ilysa Cohen</i> A, S, B	<b>11:00 - 12:00 (V)</b> Museum Tours <i>Judith Weitzman</i> 1/13 - 2/3	<b>10:30 - 12:00 (V)</b> <b>Travel Tours</b> <i>Pre-recorded</i>
<b>10:30 - 11:30 - (H)</b> <b>Israel Culture Club</b> with Shinshinim		<b>1:15 - 2:15 (V)</b> <b>Rock Steady Boxing</b> <i>Markese Hayden</i> P, A, B, S	<b>12:00 - 1:00 (V)</b> <b>Book Club</b> <i>Wendy Matt</i> 3rd Thursday	
<b>11:00 - 12:00 (V)</b> <b>Current Events</b> <i>John Rydell</i>		<b>1:30 - 2:30 - (V)</b> <b>Knitting &amp; Needlework Club</b>	<b>1:30 - 3:30 (O)</b> <b>FREE MOVIE</b> 2nd Thursday	
<b>1:15 - 2:15 (V)</b> <b>Rock Steady Boxing</b> <i>Markese Hayden</i> P, A, B, S		<b>2:30 - 3:30 - (V)</b> <b>Stories from the Soul - Xtra</b>	<b>2:00 - 3:00 (O)</b> <b>Cardio Drumming</b> <i>Ilysa Cohen</i> A, S	
<b>2:30 - 3:30 (V)</b> <b>Healthy Heart Cooking</b> <i>Ilysa Cohen</i> 2nd Monday of the month			<b>2:30 - 3:30 - (V)</b> <b>Stories from the Soul</b>	

**(A) Aerobic**  
**(B) Balance**  
**(F) Flexibility**  
**(S) Strength**

**(V) Virtual Center**  
**(O) Onsite at Myerberg**  
**(H) Hybrid - both Virtual & Onsite**