

FREE PROGRAMS with MEMBERSHIP updated 7.18.23

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

<p>10:00 - 12:00 (O) Pick Up Card Games Café</p>	<p>10:00 - 11:00 (O) Meaningful Movement <i>Joyce Wolpert</i> 10/10 - 12/12 B, F, S</p>	<p>9:30 - 10:30 (O) Walking Club <i>Ilysa Cohen</i> A, B, S</p>	<p>10:00 - 12:00 (O) Pick Up Card Games Café</p>	<p>10:00 - 12:00 (O) Pick Up Card Games Café</p>
<p>11:00 - 12:00 (V) Current Events <i>John Rydell & Ron Matz</i></p>	<p>11:00 - 11:45 (V) Get in the Groove <i>Ilysa Cohen</i> A, S, B</p>	<p>11:00 - 11:45 (V) Get in the Groove <i>Ilysa Cohen</i> A, S, B</p>	<p>2:00 - 3:00 (O) Cardio Drumming <i>Ilysa Cohen</i> A, S</p>	
	<p>1:00 - 2:30 (O) Break-A-Sweat Bingo <i>Ilysa Cohen</i> Monthly</p>	<p>1:30 - 2:30 - (V) Knitting & Needlework Club</p>		
	<p>2:00 - 3:00 (O) Balance Class <i>Joyce Wolpert</i> 10/10 - 11/14 A, B, S</p>			

- (A) Aerobic
- (B) Balance
- (F) Flexibility
- (P) Parkinsons
- (S) Strength
- (V) Virtual Center
- (O) Onsite at Myerberg
- (H) Hybrid - both Virtual & Onsite