

# ***VIRTUAL EXERCISE CLASSES***

*If you can't join the instructor at the time she does her class, no problem. You can always find the video on our Facebook page and on our YouTube channel and watch it when it's convenient for you. THE ONLY EXCEPTION IS OUR ZUMBA GOLD CLASS WHICH CAN ONLY BE OFFERED THROUGH ZOOM. IF YOU WOULD LIKE TO RECEIVE AN EMAIL INVITATION TO DO ZUMBA GOLD PLEASE READ THE BOX BELOW.*

## **MONDAY**

**1pm - Chair Yoga with Lynn Zeiler**

**2pm - Zumba Gold with Lynn Zeiler - ZOOM ONLY**

## **TUESDAY**

**11am - Arthritis Exercise with Cathy Taylor**

## **WEDNESDAY**

**9:30am - Say YES! To Weights with Cathy Taylor**

## **THURSDAY**

**11am - Arthritis Exercise with Cathy Taylor**

**1pm - Chair Yoga with Lynn Zeiler**

**2pm - Zumba Gold with Lynn Zeiler - ZOOM ONLY**

**Lynn Zeiler is offering Zumba Gold through Zoom. If you would like to participate, please email Lynn at [coazumbagold@gmail.com](mailto:coazumbagold@gmail.com)**

**You can also call her at 269-COA-1692 or 269-262-1692.**

**Lynn will give you the invitation to the class. Zoom is super easy to use, but if you need help with it - call the COA and a staff member will be happy to help.**

## **PLEASE CALL TO USE OUR FITNESS ROOMS**

Our Enrichment Centers in Three Rivers and Sturgis have fitness rooms that are available for individual use or up to 2-3 people from the same household. If you would like to use either one of our Fitness Rooms, please call the COA at 279-8083 to make a reservation.