

# July

2021

MOVE! Virtual Classes.

Starting the week of July 6th-July 30th

Requirements for connecting to our virtual class offerings: high-speed internet connection and a smart phone, tablet, laptop, or computer with camera and microphone. **Please log in 10 minutes prior to the class start time. Please include first and last name when signing in.** To join the classes please call the MOVE! Team at: 1-800-406-5143 extension 13534 (Jason) or 13841 (Chrissy).

## Morning

## Afternoon

Monday

\*9:00 am: Be Active Exercise Class\*  
10:00 am: MOVE! Support Group w/Tai Chi  
11:00 am: Yoga on the Mat

1:00 pm: Core on the Floor Exercise  
\*3:00 pm: Be Active Exercise Class\*

Tuesday

9:00 am: Chair Yoga  
10:00 am: Assessing Motivation & Barriers (Dr. Trevor Grice)  
\*11:00 am: Be Active Exercise Class\*

12:00 pm: MOVE! Group Class (8-week series starts 7/20/2021)  
1:00 pm: Tai Chi  
3:00 pm: Cardio Drumming

Wednesday

\*8:30 am: Be Active Exercise Class\*  
10:00 am: Chair Yoga  
11:00 am: Women's MOVE! Support Group

1:00 pm: MOVE! Support Group  
2:00 pm: Tai Chi  
\*3:00 pm: Be Active Exercise Class\*

Thursday

9:00am: Chair Yoga  
\*10:00 am: Be Active Exercise Class\* **FULL**  
11:00 am: Healthy Teaching Kitchen

\*3:00 pm: Be Active Exercise Class\*

Friday

\*10:00 am: Be Active Exercise Class\*

1:00 pm: Chair Yoga  
\*3:00 pm: Be Active Exercise Class\*

Saturday

\* **Be Active Exercise class**: Limited to one of these classes per day.  
**MOVE! Support classes**: Please pick ONE of these classes.

Sunday

11:00 am: Chaplain Service

