

November

2020



Virtual MOVE! classes.
Starting the week of November 2nd – 30th

Morning

Afternoon

Monday

8:30 am: MOVE! Support Group
10:00 am: MOVE! Support Group & Tai Chi

3:00 pm: Exercise Class *FULL

Tuesday

9:00 am: Chair Yoga *FULL
10:00 am: Assessing Motivation & Barriers

1:00 pm: Exercise Class
1:30 pm: MOVE! Group Class (16 week series 9/8 thru 12/22/20)
3:00 pm: Tai Chi

Wednesday

8:30 am: Exercise Class
11:00 am: Women's MOVE! Support Group

1:00 pm: MOVE! Support Group *FULL
3:00 pm: Exercise Class *FULL
No classes on 11/11/20- HAPPY VETERANS DAY!

Thursday

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

1:00 pm: Tai Chi
2:00 pm: MOVE! Support w/Jessica
No classes on 11/26/20- HAPPY THANKSGIVING!

Friday

10:00 am: Exercise Class *FULL

1:00 pm: Chair Yoga *FULL
3:00 pm: Exercise Class

You will need high speed internet and a device with a camera (smart phone, tablet, laptop, or computer). MOVE! Virtual Classes will provide you with additional encouragement, support, motivation, and educational information to help you continue to reach your health goals during this unique time!

To join the classes please call the MOVE! Team at: 1-800-406-5143 extension 13846 (Sonya) and leave a message with your last name, last 4, email address, and which classes you'd like to attend!