

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
	6:00p- Zumba with Kelly		11:30- SPRY Chair & Mat 6:00p- Zumba with Kelly	 <p>LAKE MAYER Community Center Chair + Mat Yoga 45 min Wednesdays @ 11:30 am start with seated yoga, progressing to standing poses, and end on the mat. You only have to get up & down once! Modifications available, great for all levels. \$Donation based class benefits Edel Caregiver Institute For safety, classes are limited to 9 Please call 912.898.3320 48 hrs in advance to reserve your spot *Bring your own mat and water- must sign up to attend</p>		
8	6:00p- Zumba with Kelly	10	11:30- SPRY Chair & Mat 6:00p- Zumba with Kelly			
15	6:00p- Zumba with Kelly	17	11:30- SPRY Chair & Mat 6:00p- Zumba with Kelly	 <p>ZUMBA  Mondays and Wednesdays 6 - 7 PM \$5 per class Lake Mayer Park Community Center</p>		
22	6:00p- Zumba with Kelly	24	11:30- SPRY Chair & Mat 6:00p- Zumba with Kelly	 <p><i>Happy Thanksgiving</i></p>		
29	6:00p- Zumba with Kelly	 <p>November 2020 LAKE MAYER COMMUNITY PARK</p>				