October 2020

Lake Mayer Community Park

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 6:00- Zumba with Kelly	6	7 11:30- SPRY Chair & Mat 6:00- Zumba with Kelly			10
11	12 6:00- Zumba with Kelly Columbus Day (US) Thanksgiving Day (Canada)	13	14 11:30- SPRY Chair & Mat 6:00- Zumba with Kelly			17
18	19 6:00- Zumba with Kelly	20	21 11:30- SPRY Chair & Mat 6:00- Zumba with Kelly			24
25	26 6:00- Zumba with Kelly	27	28 11:30- SPRY Chair & Mat 6:00- Zumba with Kelly			31

LAKE MAYER Community Center

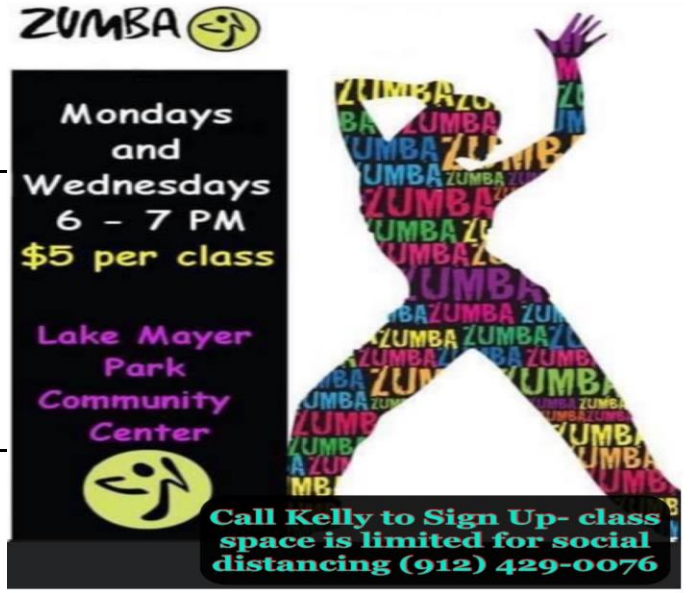
SPRY MIND+BODY

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



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