

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Face Masks are Required to enter the building & check in station. Once you are in your social-distanced space you may remove your mask during exercise.



1
11:30- SPRY Chair & Mat
6:00- Zumba with Kelly

2
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.
SDonation 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

6
CLOSED
Happy Labor Day
To ALL Of You



7
8
11:30- SPRY Chair & Mat
6:00- Zumba with Kelly

9
12
19
26
ZUMBA
Mondays and Wednesdays 6 - 7 PM
\$5 per class
Lake Mayer Park Community Center
Call Kelly to Sign Up- class space is limited for social distancing (912) 429-0076

13
6:00- Zumba with Kelly
Grandparents Day

14

15
16
11:30- SPRY Chair & Mat
6:00- Zumba with Kelly

20
6:00- Zumba with Kelly

21

22
23
11:30- SPRY Chair & Mat
6:00- Zumba with Kelly
Autumn Begins

27
6:00- Zumba with Kelly
Yom Kippur Begins

28

29
30
11:30- SPRY Chair & Mat
6:00- Zumba with Kelly



September 2020
Lake Mayer Community Park