



# Levy Senior Center

Phone: (847)-448-8250

## Remote Class Schedule

April/May 2020

*Classes will be locked shortly after beginning*

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	2 <b>Beginning Yoga</b> 10-11a <a href="#">Click Here</a>  <b>Zumba</b> 6:30-7:30p <a href="#">Click Here</a>	3 <b>Zumba Gold Toning</b> 10-11a <a href="#">Click Here</a>	4 <b>Yoga to Heal</b> 9-10:15a <a href="#">Click Here</a>  <b>Pilates/Yoga Fusion</b> 10:30-11:30a <a href="#">Click Here</a>
5	6 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	7 <b>Beginning Yoga</b> 9-10a <a href="#">Click Here</a>  <b>Chair Yoga</b> 10:30-11:30a <a href="#">Click Here</a>	8 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	9 <b>Beginning Yoga</b> 10-11a <a href="#">Click Here</a>  <b>Zumba</b> 6:30-7:30p <a href="#">Click Here</a>	10 <b>Zumba Gold Toning</b> 10-11a <a href="#">Click Here</a>	11 <b>Yoga to Heal</b> 9-10:15a <a href="#">Click Here</a>  <b>Pilates/Yoga Fusion</b> 10:30-11:30a <a href="#">Click Here</a>
12	13 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	14 <b>Beginning Yoga</b> 9-10a <a href="#">Click Here</a>  <b>Chair Yoga</b> 10:30-11:30a <a href="#">Click Here</a>	15 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	16 <b>Beginning Yoga</b> 10-11a <a href="#">Click Here</a>  <b>Zumba</b> 6:30-7:30p <a href="#">Click Here</a>	17 <b>Zumba Gold Toning</b> 10-11a <a href="#">Click Here</a>	18 <b>Yoga to Heal</b> 9-10:15a <a href="#">Click Here</a>  <b>Pilates/Yoga Fusion</b> 10:30-11:30a <a href="#">Click Here</a>
19	20 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	21 <b>Beginning Yoga</b> 9-10a <a href="#">Click Here</a>  <b>Chair Yoga</b> 10:30-11:30a <a href="#">Click Here</a>	22 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	23 <b>Beginning Yoga</b> 10-11a <a href="#">Click Here</a>  <b>Zumba</b> 6:30-7:30p <a href="#">Click Here</a>	24 <b>Zumba Gold Toning</b> 10-11a <a href="#">Click Here</a>	25 <b>Yoga to Heal</b> 9-10:15a <a href="#">Click Here</a>  <b>Pilates/Yoga Fusion</b> 10:30-11:30a <a href="#">Click Here</a>
26	27 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	28 <b>Beginning Yoga</b> 9-10a <a href="#">Click Here</a>  <b>Chair Yoga</b> 10:30-11:30a <a href="#">Click Here</a>	29 <b>Cardio, Strength &amp; Stretch</b> 10:30a-11:30a <a href="#">Click Here</a>	30 <b>Beginning Yoga</b> 10-11a <a href="#">Click Here</a>  <b>Zumba</b> 6:30-7:30p <a href="#">Click Here</a>	5/1 <b>Zumba Gold Toning</b> 10-11a <a href="#">Click Here</a>	5/2 <b>Yoga to Heal</b> 9-10:15a <a href="#">Click Here</a>  <b>Pilates/Yoga Fusion</b> 10:30-11:30a <a href="#">Click Here</a>