

Center Virtual Classes and Videos January 2021

Mon	Tue	Wed	Thu	Fri
<p>Go to Clermont Senior Services Face Book page for Video Links:</p> <ul style="list-style-type: none"> ◆ Meditation with Helen ◆ Cooking with Gary <p>This institution is an equal opportunity provider and employer.”</p>				1
<p>4 9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>5 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense & Balance-w/George Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>6 10:30 Circuit Exercise w/Blanche 11:00 Sun Style Tai Chi with Robert Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>7 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>8 10:30 Circuit Exercise w/Blanche 11:00 Cooking with Gary: Menu: Something Great! Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>
<p>11 9:30 Chair Yoga Stretch—SilverSneakers With Melanie using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>12 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom 11:00 Self-Defense & Balance-w/George 1:00 Book Club on Zoom w/Lori Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>13 10:30 Circuit Exercise w/Blanche 11:00 Sun Style Tai Chi with Robert Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>14 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>	<p>15 10:30 Circuit Exercise w/Blanche Interested? Call 947-7333 or Contact: bdotson@clermontseniors.com</p>
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