

# Center Virtual Classes and Videos

## November 2021

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> 9:30 Chair Yoga —Silver Sneakers With Melanie using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>2</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>3</b> 10:00 Silver Sneakers– Boom Move !</p> <p>10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or</p>	<p><b>4</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>5</b> 10:30 Circuit Exercise w/Blanche Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>
<p><b>8</b> 9:30 Chair Yoga —Silver Sneakers With Melanie using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>9</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>10</b> 10:00 Silver Sneakers– Boom Move !</p> <p>10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>11</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>12</b> 10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>
<p><b>15</b> 9:30 Chair Yoga Stretch—Silver Sneakers With Melanie using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>16</b> 9:00 Silver/Sneakers/Strength/Bal With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>13</b> 10:00 Silver Sneakers—Boom Move !</p> <p>10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>14</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>15</b> 10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>
<p><b>18</b> 9:30 Chair Yoga Stretch—Silver Sneakers With Melanie using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>19</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>20</b> 10:00 Silver Sneakers—Boom Move !</p> <p>10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>21</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>22</b> 10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>
<p><b>25</b> 9:30 Chair Yoga Stretch—Silver Sneakers With Melanie using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>26</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>27</b> 10:00 Silver Sneakers -Boom Move !</p> <p>10:30 Circuit Exercise w/Blanche</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>28</b> 9:00 Silver/Sneakers/Strength/Balance— With Blanche using Zoom</p> <p>Interested? Call 947-0617 or Contact: <a href="mailto:bblevins@clermontseniors.com">bblevins@clermontseniors.com</a></p>	<p><b>29</b> <b>Go to Clermont Senior Services Face Book page for Video Links:</b></p> <p><b>This institution is an equal opportunity provider and employer.”</b></p>