

2020 Summer Weekly Program at the Old Art Building

	CLASS /EVENT	TIME	TEACHER	COST
MONDAYS POSTPONED	Step Aerobics Stepping promotes a high level cardio challenge using high energy music.	7:20 – 8:20 am (MONDAYS & THURSDAYS)	Kathy Miller	\$8
TUESDAYS POSTPONED	Strength and Exercise Program A full body workout with resist bands.	8:30 – 9:30 am (TUESDAYS & THURSDAYS)	Jeanette Egeler	\$4
WEDNESDAYS ON OAB LAWN IN GOOD WEATHER	Gentle Yoga A restorative and healing yoga that uses slow, gentle standing and floor stretches and meditation for deep relaxation.	9:00 – 10:00 am	Kerry Satterwhite	\$10
ON OAB LAWN IN GOOD WEATHER	Tai Chi A practice which emphasizes balance, muscle strength, joint mobility, circulation and a sensation of energy.	3:30 – 5:00 pm	Jane Hale	\$15
ON OAB LAWN IN GOOD WEATHER	Open Acoustic Jam Bring your acoustic instruments and share techniques and talents. All levels and instruments are supported.	7:00 – 9:00 pm	Jim Redmond, host	By donation
THURSDAYS POSTPONED	Step Aerobics Stepping promotes a high level cardio challenge using high energy music.	7:20 – 8:20 am (MONDAYS & THURSDAYS)	Kathy Miller	\$8
POSTPONED	Strength and Exercise Program A full body workout with resist bands.	8:30 – 9:30 am (MONDAYS & THURSDAYS)	Jeanette Egeler	\$4

Please confirm times with the website for the current schedule.