

ONGOING MOVEMENT & EXERCISE CLASS SCHEDULE

MONDAY

- 11:00am **Zumba Gold***
- 5:30pm **Open Gym**
- 6:30pm **Exercise: Warrior Workout***

WEDNESDAY

- 12:30pm **Balance for Improved Function**
- 6:30pm **Exercise: Warrior Workout**

FRIDAY

- 12:30pm **Restorative Motion**

TUESDAY

- 8:30 am **Open Gym**
- 10:00am **Yoga***
- 12:00pm **Exercise: Circuit Fusion**
- 12:00pm **Exercise: Functional Movement**
- 1:00pm **Exercise: Core for More**
- 6:00pm **Yoga**

THURSDAY

- 8:30am **Open Gym**
- 11:00am **Yoga**
- 11:00am **Chair One Fitness***
- 12:00pm **Exercise: Body Balance**
- 6:00pm **Exercise: Functional Movement**

SATURDAY

- 9:00am **Yoga**
- 10:00am **QiGong-Tai Chi**

PROGRAM LOCATIONS:

Beachwood Virtual (online) only
Westlake **Wellness Center**

*class offered in-person and online

All participants must be screened prior to enrolling in exercise and movement classes.

Please contact Sandy at
conochan@touchedbycancer.org or 216-455-1529.