

September


SENIOR CLASSES 55+ OLDER

Membership Renewals will begin Monday, September 21, 2020

September 7 - September 11, 2020

City of Tamarac Virtual Classes

ZOOM ONLY

Monday	Tuesday	Wednesday	Thursday	Friday
TAI-CHI/QIGONG 9AM <u>Meeting ID:</u> 609 683 270 <u>Passcode:</u> 027453	CREATIVE WRITING -10 AM <u>Meeting ID:</u> 590 658 2607	YOGA - 10AM <u>Meeting ID</u> 939 0076 7850 <u>Passcode:</u> LIFE	JAZZERCISE - 10AM <u>Meeting ID:</u> 578 683 3689 <u>Password:</u> funjazz	TAI-CHI - 8:30am <u>Meeting ID:</u> 609 683 270 <u>Password:</u> 027453
JAZZERCISE - 10AM <u>Meeting ID:</u> 578 683 3689 <u>Password:</u> funjazz	JAZZERCISE - 10AM <u>Meeting ID:</u> 578 683 3689 <u>Password:</u> funjazz	Sit & Fit – 11:30AM <u>Meeting ID:</u> 856 460 9893	CHAIR YOGA & MEDIATION 11:30 AM <u>Meeting ID</u> 856 460 9893	JAZZERCISE - 10AM <u>Meeting ID:</u> 578 683 3689 <u>Password:</u> funjazz
	MAT YOGA & MEDIATION 11:30AM <u>Meeting ID</u> 856 460 9893	BEG. LINE DANCE-1PM <u>Meeting ID:</u> 369 304 2370 <u>Password:</u> 568767		SIT & FIT 11:30AM <u>Meeting ID</u> 856 460 9893
	CARDIO GOLD – 12:45 pm <u>Meeting ID:</u> 856 460 9893			CHAIR YOGA 12:45 PM <u>Meeting ID</u> 856 460 9893
				SPANISH FOR BEGINNERS 3PM <u>Meeting ID:</u> 798 8708 9467 <u>Passcode:</u> 9Nmu85

Senior Zoom Classes – with instructor and descriptions

Tai Chi/Qigong – Mondays at 9 AM and Fridays at 8:30AM - with instructor Mark

Tai Chi is a low impact class which uses slow, gentle movements and breathing techniques to improve a variety of cognitive components, including focused attention, imagery and multi-tasking. Qigong is also a gentle exercise composed of movements that are repeated several times, often stretching the body with fluid movements that build and awareness of how the body moves thru space.

Creative Writing – Tuesdays at 10 AM - with Janice

If you enjoy writing Short stories poetry or your personal history, please join us for our creative writing workshops.

Jazzercise – Mondays, Tuesdays, Thursdays, Fridays at 10 AM – with Warren

Jazzercise is a 60 - minute dance-based group fitness program. This class features a Fusion of dance resistance training, Pilates, yoga, kickboxing and Latin style movements set to popular music.

Yoga- Monday at 12:30 PM, Wednesdays at 10:00 AM – with Beth

Mat yoga for all levels.

Sit and fit – Mondays, Wednesdays, Fridays at 11:30 AM – with Debbie

This Creative chair-based workout utilizing props from home with weights, water bottles, pillow or ball, necktie, towel or belt.

Mat Yoga & Meditation – Tuesdays at 11:30 AM – with Debbie

Mat yoga class with the last 10 minutes of class dedicated to meditation.

Chair Yoga & Meditation – Thursdays at 11:30 AM – with Debbie

Chair yoga class with the last 10 minutes of class dedicated to meditation.

Chair Yoga – Fridays at 12:45 PM – with Debbie

Chair yoga class. All levels welcome.

Cardio Gold – Tuesdays at 12:45 PM with Debbie

Join Debbie for a low impact heart pumping class suitable for most beginners or experienced fitness fans, including a warmup, and cool down and a series of balance, stability, flexibility and strength exercises. Participants learn new body awareness and can use light hand weights and a chair as tools.

Spanish for Beginners – Fridays at 3 PM with Natacha

Spanish class for beginners.