

ONLINE EXERCISE SCHEDULE

Clinic	Monday	Tuesday	Wednesday	Thursday	Friday
Virtual Platform: Microsoft Teams , For more information, call: 1-877-696-1620 ☆ Accepting Community Participants	8:30 AM - 9:15 AM Falls prevention	8:30 AM - 9:15 AM Exercise - Movement matters	8:30 AM - 9:15 AM Exercise - Movement matters	8:30 AM - 9:15 AM Falls prevention	
		3:30 PM - 4:15 PM Exercise - Pump it up		3:00 PM - 3:45 PM Exercise - Seated Tai Chi	