<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
<td>Strength &amp; Stretch</td>
<td>Towel or mat</td>
<td>Towel or mat</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Zumba</td>
<td>Jazercise</td>
<td>Jazercise</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Jazercise</td>
<td>Jazercise</td>
<td>Jazercise</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Booty Barre</td>
<td>Spanish</td>
<td>Spanish</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>Creative Writing Workshop</td>
<td>Creative writing</td>
<td>Creative writing</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Tai-Chi/Qigong</td>
<td>Chair Yoga &amp; Meditation</td>
<td>Chair Yoga &amp; Meditation</td>
</tr>
<tr>
<td>4:00 PM</td>
<td>Yoga Plus Neck Flex/Care</td>
<td>Yoga Plus Neck Flex/Care</td>
<td>Yoga Plus Neck Flex/Care</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Stretch &amp; Strong</td>
<td>Yoga Plus Neck Flex/Care</td>
<td>Yoga Plus Neck Flex/Care</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Sit &amp; Fit</td>
<td>Tai-Chi/Qigong</td>
<td>Tai-Chi/Qigong</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Yogalates</td>
<td>Kids Yoga &amp; Meditation</td>
<td>Kids Yoga &amp; Meditation</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Tai-Chi/Qigong</td>
<td>Creative Writing Workshop</td>
<td>Creative Writing Workshop</td>
</tr>
<tr>
<td>9:00 PM</td>
<td>Kids Yoga &amp; Meditation</td>
<td>Creative Writing Workshop</td>
<td>Creative Writing Workshop</td>
</tr>
</tbody>
</table>

For Zoom meetings:
- Go to zoom.us Click "Join A Meeting"
- Meeting ID: 753 1131 4015
- Meeting # ID: 900 273 338
- Password: 4MBPnc
- Meeting ID: 578 683 3689
- Meeting # ID: 590 658 2607
- Password: funjazz
- Meeting ID: 856 460 9893
- Meeting # ID: 856 460 9893
- Password: funjazz
- Meeting ID: 347 862 936
- Meeting # ID: 347 862 936
- Password: funjazz
- Meeting ID: 798 8708 9467
- Meeting # ID: 798 8708 9467
- Password: funjazz
- Meeting ID: 859 611 433
- Meeting # ID: 859 611 433
- Password: funjazz
- Meeting ID: 753 1131 4015
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