



Scarborough Village Seniors

Summer Instructional Programs (60yrs+)

Classes Begin July 4th 2017

<i>Day</i>	<i>Class</i>	<i>Code</i>	<i>Time</i>	<i>Cost</i>	<i>Start Date</i>
Mon	Cardio High/Low Yoga	2944169 2944247	9:30 – 10:30am 9:30 – 10:30am	Free/9 wks Free/9 wks	July 10th
Tues	Taoist Tai Chi Intermediate Taoist Tai Chi Advanced Taoist Tai Chi Beginner Stretch and Strength Paper Tole (July Only)	2944217 2944218 2944216 2944207 2969016	9:00 – 10:00am 10:15 – 11:15am 11:30 – 12:30pm 9:30 – 10:30am 9:30 – 11:30am & 12noon – 2:00pm	Free/10 wks Free/10 wks Free/10 wks Free/10 wks Free/4 wks	July 4th
Wed	Yoga Zumba Gold NEW TIME!! Chair Yoga	2944248 2944182 2974008	9:30 – 10:30am 12:30 – 1:30pm 10:45 – 11:45am	Free/10 wks Free/10 wks Free/10 wks	July 5th
Thurs	Cardio Hi/Low Osteo Fit Gentle Fit NEW DAY AND TIME!! Chair Yoga	2944168 2944174 2944208 2974009	9:15 – 10:15am 10:30 – 11:30am 11:30 – 12:30pm 10:30 – 11:30am	Free/10 wks Free/10 wks Free/10 wks Free/10 wks	July 6th

