



## **Monday Meditation with Adreyanna**

Instagram LIVE

Date: 9/25 - 12/4 at 6:00pm

## **Tuesday Zumba with Colleen**

At the Gym

Date: 9/19 - 11/14 at 12 noon

## **Wednesday Yoga with Tracey & Amanda**

Instagram LIVE

Date: 9/13 - 11/8 at 6:00pm

