



Wednesday July 15th Virtual Schedule

Live Zoom Schedule

Zumba with Darryl at 10am

Zoom ID 585-904-4510 https://us02web.zoom.us/j/5859044510

Exercise with Sheila at 11:30am

Zoom ID: 862 9802 7529 Password: 684796 https://us02web.zoom.us/j/86298027529?pwd=ekE4dGN VUjluVXhIUHhKQk1pVjgzdz09

Lois on the Piano at 12:15pm

Zoom ID 311 865 3688

Password: EACSHP

https://zoom.us/j/3118653688?
pwd=OW85NXB5RmdqY1pBMGliZ1M0UEIYUT09

Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes! Below please find Wednesday's classes

Chair Yoga with Patty at 2pm





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