



# Thursday August 27th Virtual Schedule

#### Live Zoom Schedule

#### Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011
Password: Dance
https://us02web.zoom.us/j/3275026011?pwd=aFNENDRB
V0RGL1c2SkpYcC82VEhDQT09

#### **Exercise with Sheila at 11:00am**

Zoom ID: 843 0075 5439
Password: 211374
https://us02web.zoom.us/j/84300755439?pwd=TkwzWjB
xOGN5MTVrKzZncnduYUIOUT09

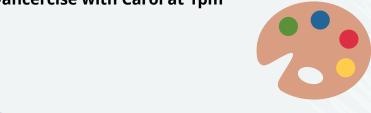
#### **Toning with Darryl at 2:00pm**

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

## Live Facebook Schedule

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

### **Dancercise with Carol at 1pm**





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