



# SEPTEMBER 2021

## CLUB HOLLISWOOD

### MONDAY

**ON-SITE: GAME DAY**  
Time: 10am – 12pm

### TUESDAY

**Topic: Daily Exercise w/ Mary Grace**  
TIME: 9:00 AM

**Topic: SAIL w/ Lisa**  
Time: 10:00AM

**Topic: Fall Prevention w/Pam**  
Time: 12:00pm

### WEDNESDAY

**Topic: Daily Exercise w/ Mary Grace**  
– 9:00AM

**ON-SITE: GAME DAY**  
Time: 10am – 12pm

**Topic: ZUMBA w/ Rafael**  
Time: 11:00 AM

### THURSDAY

**Topic: Daily Exercise w/ Mary Grace** – 9:00

**Topic: SAIL w/Lisa**  
Time: 10:00AM

### FRIDAY

**ON-SITE: Yoga w/ Laura**  
Time: 10:30AM

### CONTACT

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### MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out [www.jasa.org/events/senior-center-virtual-events](http://www.jasa.org/events/senior-center-virtual-events)

