

Senior Focus Webinar Schedule- Spring/Summer 2021

Class schedule subject to change, please check your email regularly for class news



To register or for more information, please visit wccnet.edu/senior-focus

	Class	Time	Start	End	Instructor	Equipment
Mondays * no classes May 31, July 5	Ball Exercise	10-10:55am	5/3	7/19	Mark A. Harris	Exercise or yoga ball
	Tai Chi- Beginning	10-11am	5/3	8/2	Diane Evans	
	Stretching for Seniors	11-11:55am	5/3	7/19	Mark A. Harris	exercise ball, hand weights, bands
	Tai Chi- Intermediate (Part A)	11:15am-12:30pm	5/3	8/2	Diane Evans	
	Qigong & Tai Chi: Stretch, De-Stress & Limber up	12-1pm	5/10	7/26	Karla Groesbeck	
Tuesdays	Cognitive "Exercise"	10-10:55am	5/4	7/6	Mark A. Harris	
	Yoga for Seniors	10-11:30am	5/4	7/6	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Chair Exercise	11-11:55am	5/4	7/6	Mark A. Harris	Chair or ball, hand weights, bands
	Tai Chi & Qigong: Balance, Mindfulness & Mobility Maintenance	12-1pm	5/11	7/27	Karla Groesbeck	
	Ball Exercise	1-1:55pm	5/4	7/6	Mark A. Harris	Exercise or yoga ball
Chen Style Tai Chi for Beginners - Laojia Yilu	2-3pm	5/11	7/27	Karla Groesbeck		
Wednesdays	Ball Exercise	10-10:55am	5/5	7/7	Mark A. Harris	exercise ball, hand weights, bands
	Yoga for Seniors	10:30-11:30am	5/5	7/7	Patty Hart	yoga mat, 2 yoga blankets, 2 yoga blocks, 1 yoga belt
	Chair Yoga	1-2pm	5/5	7/7	Patty Hart	yoga mat, a sturdy chair, 2 yoga blocks, 1 yoga belt, 1 blanket
	Strength & Conditioning	2-3pm	5/5	7/21	Michele Williams	dumbbells or hand weights
Thursdays	Tai Chi- Beginning	10-11am	5/6	7/22	Diane Evans	
	Stretching for Seniors	10-10:55am	5/6	7/8	Mark A. Harris	
	Fit Flow Follow and Tai Chi Easy	10-11am	5/13	7/29	Karla Groesbeck	
	Yoga for Seniors	10-11:30am	5/6	7/8	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Watercolor Workshop	10:30am-12:30pm	5/6	7/8	Cathy Doran	Watercolor supplies: paper, brushes, paint, water
	Maintenance Exercise	11-11:55am	5/6	7/8	Mark A. Harris	
	Tai Chi- Intermediate (Part B)	11:15am-12:30pm	5/6	7/22	Diane Evans	
	Chair Exercise	1-1:55pm	5/6	7/8	Mark A. Harris	Chair or ball, hand weights, bands
Chen Style Tai Chi - Intermediate - Laojia Yilu	2-3pm	5/13	7/29	Karla Groesbeck		
Fridays	Ball Exercise	10-10:55am	5/7	7/9	Mark A. Harris	exercise ball, hand weights, bands
	Yoga for Seniors	10-11:30am	5/7	7/9	Liz Brauer	3 yoga blankets, 10 ft yoga belt, 2 yoga bricks and a folding chair. A few extra blankets or towels and a small plastic stool may also be helpful.
	Strength & Conditioning (no class 7/2)	10:30-11:30am	5/7	7/23	Michele Williams	dumbbells or hand weights
	Stretching for Seniors	11-11:55am	5/7	7/9	Mark A. Harris	
	Yoga for Seniors	1-2:30pm	5/7	7/9	Patty Hart	yoga mat, sturdy chair, 2 yoga blocks, 1-2 yoga blankets, 1 yoga belt
Saturdays	Line Dance	9-10am	5/8	7/24	Dee Grantham	
	Line Dance	10:30-11:30am	5/8	7/24	Dee Grantham	