

RECREATION DEPARTMENT

Updated March 2023

INSTRUCTOR &, CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Jerry Bloch			PAC Dining Room			
Mindful movement yoga			12 - 1 p.m.			
Free drop-in class						
Cheryl Russel	Clubhouse 1 Ballroom					
Laughter yoga	Temporarily on break					
Free drop-in class						
Zahir Movius					Clubhouse 5 Fitness	Clubhouse 5 Fitness
Circle of Love Meditation					2:30 - 4 p.m.	
Yoga						Sunday
Free drop-in class						10:30 am- 12 pm
Kristine DeYoung	Clubhouse 2 Ballroom			Clubhouse 2 Ballroom		
Mat yoga	11:30 a.m. - 12:30 p.m.			11:30 a.m. - 12:30 p.m.		
Chair yoga	1 - 2 p.m.			1 - 2 p.m.		
Free drop-in class						
Sybil Moore	Clubhouse 5 Fitness					
Movement and Stretch	10:30 - 11:30 a.m.					
Free drop-in class						
Various Instructors		Clubhouse 7 Ballroom		Clubhouse 7 Ballroom		
Tai Chi		8:30 - 9:30 a.m.		8:30 - 10 a.m.		
Free drop-in class						
Various Instructors				Clubhouse 1 MPR		Clubhouse 1 MPR
Tai chi dance				8 - 10:30 a.m.		Saturday
Free drop-in class				10:30 - 11:30 a.m.		8 - 10:30 a.m.
Various Instructors	Clubhouse 1 Patio		Clubhouse 1 Patio	Clubhouse 2 Ballroom	Clubhouse 1 Patio	
Chi Kung	8 - 9:30 a.m.		8 - 9:30 a.m.	8 - 9:30 a.m.	8 - 9:30 a.m.	
Free drop-in class						
Jan L. Levinrad		Clubhouse 2 Pool				
Swim Clinic		12 - 1 p.m.; 1 - 2 p.m.				
Free drop-in class						

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Mahina Kimmitt	Clubhouse 5 Fitness				Clubhouse 5 Fitness	
Hula Class	1 - 2:30 p.m.				10 a.m. - 11:30 a.m.	
Free drop-in class						
Various Instructors		Clubhouse 1 MPR				
Clogging		8:30 - 10 a.m.				
Free drop-in class						
Sylvie Escande		Clubhouse 5 MPR				
Beginners' French		9 - 9:50 a.m.				
French Conversations		10 - 10:45 a.m.				
Free drop-in class						
Han Sohn			Clubhouse 1 DR 2			
Korean Language Class			2:15 - 4:15 p.m.			
Free drop-in class						
Janet Preissler			Clubhouse 2 Grevillea			
Russian Language Class			3:00 - 5 p.m.			
Free drop-in class						
ESL					Clubhouse 1	
English as a second language class						
Free class; schedule through instructor at scclagunawoods@gmail.com						
Grace Sams	Clubhouse 6 MPR					
Chinese Language Class	1:30 - 3:30 p.m.					
Free drop-in class						
Dr. Lois Rubin	Zoom					
Stress-less Mindfulness Meditation	11 a.m. - 12 p.m.					
Email SOULHLR@Yahoo.com for access						