

Fitness Classes:

Zoom classes offered by our instructors:

Tai Chi with Bill Wrenn

Wednesdays at 3:00 p.m.

Please email Bill so he can add you to the attendance list: wmwrenn@aol.com

Organization offering free fitness classes online:

Darien YMCA is offering senior fitness classes online through YouTube.

<https://darien-ymca.org/senior-resources-2/>

Yoga Culture offering 3 free classes in yoga

www.weareyogaculture.com

Tuesdays at 11:00: Basic Yoga

Thursdays at 11:00: Chair Yoga

Saturdays at 7:30 a.m.: Meditation

305 Fitness on YouTube – live stream dance class 2 times a day

www.305fitness.com

Aiping Tai Chi Center – live streaming tai chi classes

<http://twitchtv/aipingtaichi>

Corbin District online Zoom offerings:

Corbin District is offering a myriad of fantastic activities! From fitness to book discussions, cooking classes to cocktail making and even wine tasting!

www.thecorbindistrict.com/events