



Wednesday July 15th Virtual Schedule

Live Zoom Schedule

Zumba with Darryl at 10am

Zoom ID 585-904-4510

<https://us02web.zoom.us/j/5859044510>

Exercise with Sheila at 11:30am

Zoom ID: 862 9802 7529 Password: 684796

<https://us02web.zoom.us/j/86298027529?pwd=ekE4dGNVUjluVXhIUHhKQk1pVjgzdz09>

Lois on the Piano at 12:15pm

Zoom ID 311 865 3688

Password: EACSHP

<https://zoom.us/j/3118653688?pwd=OW85NXB5RmdqY1pBMGlIZ1M0UEIYUT09>

Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!

Below please find Wednesday's classes

Chair Yoga with Patty at 2pm

