



## Thursday August 27th Virtual Schedule

### Live Zoom Schedule

#### Tai Chi with Maria at 10:00am

Zoom ID: 327 502 6011

Password: Dance

<https://us02web.zoom.us/j/3275026011?pwd=aFNENDRBV0RGL1c2SkpYcC82VEhDQT09>

#### Exercise with Sheila at 11:00am

Zoom ID: 843 0075 5439

Password: 211374

<https://us02web.zoom.us/j/84300755439?pwd=TkwzWjBxOGN5MTVrKzZncnduYUIOUT09>

#### Toning with Darryl at 2:00pm

Zumba ID: 585-904-4510

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

### Live Facebook Schedule

Follow Glen Cove Senior Center on Facebook for Live classes!  
Below please find Thursday's classes

#### Dancercise with Carol at 1pm

