

Health & Wellness

BROUGHT
TO YOU BY:
SL&L



Monday Meditation with Adreyanna

Instagram LIVE

Date: 9/23 - 12/2 at 7:30pm

Tuesday Zumba with Colleen - WWC & JKC

JKC - 10/8, 10/29, 11/12, 11/19

TR113 - 12:00 Noon

WWC - 9/24, 10/22

The Gym - 12:00 Noon

Wednesday Yoga with Karolina

CM200 - The Gallery

Zoom Meeting ID: **731 0551 3297**

Passcode: **5jiA20**

Class begins 9/4 and runs until the end of the semester at 5:00pm

Brought to you by: The Galley at MCCC

Thursday Yoga with Tracey

Instagram LIVE

Date: 10/3 - 11/21 at 5:30pm

