



Live Virtual Classes

September 2020

Cooking and Kitchen Events

- 9/13 11:00AM CST – [Brunch Boards](#)
- 9/15 1:30PM CST – [Minute Meals](#)
- 9/17 5:00PM CST – [Fall Cocktails](#)
- 9/17 8:00PM CST – [Fall Cocktails](#)
- 9/27 11:00AM CST – [Brunch'n at Home](#)
- 9/28 6:30PM CST – [Meatless Monday](#)
- 9/30 6:30PM CST – [Cooking for Two: Date Night](#)

Weekly Fitness Classes

- Mondays 11:30AM CST – [30 Minute Stretch Out](#)
- Mondays 5:30PM CST – [H.I.I.T Fit](#)
- Tuesdays 5:00PM CST – [Zumba](#)
- Tuesdays 6:30PM CST – [Mindful Movement](#)
- Wednesdays 5:30PM CST – [H.I.I.T Fit](#)
- Thursdays 4:00PM CST – [Vinyasa Yoga](#)
- Saturdays 9:00AM CST – [Stretch & Tone Yoga](#)
- Sundays 10:00AM CST – [Awakening Yoga](#)

All classes are live, virtual programs using the ZOOM app. Download the app (no need to make an account). Click on the **blue text** for any of the events to see info on the class and register. When registering make sure to enter your full community name to be entered for **PRIZES & GIFT CARDS!**
See you in class!

Art and DIY Activities

- 9/16 5:00PM CST – [Creative Expression: Watercolors](#)
- 9/16 8:00PM CST – [Creative Expression: Watercolors](#)
- 9/19 11:00AM CST – [DIY Fall Floral Arrangements](#)
- 9/20 10:30AM CST – [DIY Herbal Teas: Immune Boosting](#)
- 9/21 7:00PM CST – [Intro to Hand Lettering](#)
- 9/22 7:00PM CST – [Succulents 101](#)
- 9/25 6:30PM CST – [Family Magic Show](#)

Kid's Corner

- 9/11 10:30AM CST – [Kiddin' Around Yoga](#)
- 9/12 10:00AM CST – [Storytime](#)
- 9/23 2:00PM CST – [Watercolors: Kids Edition](#)
- 9/25 6:30PM CST – [Family Magic Show](#)



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