

# VIRTUAL PROGRAMS

*Programs are subject to change.*



## All Inclusive Virtual Programs - \$60.00

Pop on any virtual program you like this season for an inclusive fee.

#7100 June

#7101 July

#7102 August

## Artists Unite - \$3.00

Paint, draw, or color along with our talented staff as they take you step by step to a masterpiece. Very limited supplies required.

## BINGO - \$5.00

Opportunities to win prizes. Card can be found on the SRACLC website.

## Book Club - \$3.00

Read along with staff and friends to a short novel we'll choose together.

## Boxing - \$3.00

Get the heart rate up with some cardio boxing. Our instructor teaches new combos every week to be utilized while moving to music.

## Coloring Club - \$3.00

Color pages while discussing our daily theme, art techniques, and relaxation.

## Hand Weights - \$3.00

A variety of exercises designed to improve upper body and core strength.

## Jamming Jitters - \$3.00

An instructor will guide you through this cardio dance class.

## Mindful Movements - \$3.00

An instructor will guide you through stretches and yoga poses.

## Movie Trivia - \$5.00

Test your knowledge of all your favorite movies with a fun game of trivia! A little healthy competition never hurt. Prizes are granted to all winners.

## No Equipment, No Problem-Fitness - \$3.00

Participate in a variety of exercises in this high intensity style full-body workout class.

## Sports Talk - \$3.00

Discuss sports utilizing a sports radio-type format.

## Virtual Field Trips - \$3.00

London, Paris, Timbuktu... Heck, we can even go to Mars. No seatbelt required for these extravagant online field trips lead by your favorite "tour guides".

## Special Events - various fees

Watch for a variety of socials and game nights. Activities range from dances to competitions.

