

<b>Fall 2021 Senior Zoom Activity Calendar ( 9/07/2021- 11/19/2021)</b>			
<b>Day</b>	<b>Start and End Time</b>	<b>Course #/Class Website: <a href="http://www.sfrecpark.org/register">www.sfrecpark.org/register</a></b>	<b>Instructor or Leader</b>
MONDAY	9:15 - 10:10 AM	30687 - Strength and Conditioning for Seniors (Mon., Wed., and Fri.)	Victor Lee
MONDAY	10:30 - 11:30 AM	30695 - Physical Conditioning for Active Seniors (Mon. and Fri.)	Paul Zager
MONDAY	12:00 - 1:00 PM	30691 - Fun with Hula	Connie Chan
MONDAY	1:15 - 2:15 PM	30689 - Chinese Folk Dancing	Connie Chan
MONDAY	3:00 - 4:30 PM	30686 - Chinese Brush Painting Intermediate level	Gloria Gee
TUESDAY	9:30 - 10:15 AM	30694 - Low Impact Aerobics(Tuesday and Thursday)	Pablo Molina
TUESDAY	10:30 - 11:30 AM	30693 - Line Dance for Intermediate level(Tuesday and Thursday)	John Pon
TUESDAY	1:00 PM - 2:00 PM	30697 - Stretch and Relaxation for Seniors	Judy Canterbury
WEDNESDAY	10:30 - 12:00 PM	30698 - Ultra Beginners Line Dance	Russell Breslauer
WEDNESDAY	3:15 - 4:45 PM	30692 - Intermediate Line Dance	Angela Cheung
THURSDAY	9:30 - 10:30 AM	30916 - Conditioning for Active Seniors (in person at Kezar Track)	Paul Zager
THURSDAY	1:00 - 2:00 PM	30688 - Baby Boomer Sing-Along(Week of the Month: 1st,3rd,5th)	Clifford Louie
THURSDAY	2:00 - 3:00 PM	30696 - Stretch and Dance for the Soul (only on certain dates)	Katherine Villasin
FRIDAY	1:00 - 2:00 PM	30690 - Chinese Line Dance Practice	Anna Yu
FRIDAY	1:00 - 1:25 PM	30685 - Boots on the Ground Stress Management	Thomas Angelone