



Berea Community Center Activity Schedule September

Daily Take-out Meal Available: 10:30 am -12:30 pm

(Meals must be reserved by 1 pm the day before. See Reopening Guidelines for more details)

Monday (Call Friday between 9 am—2 pm to request a reservation)

9:30-10:30 am	SilverSneakers® Classic	Main Room
1:00-2:00 pm	Chair Yoga	Main Room

Tuesday (Call Monday between 9 am—2 pm to request a reservation)

9:30-10:30 am	SilverSneakers® Circuit	Main Room
12:30-2:00 pm	WOW! Work on Whatever Social	Side Room
1:00-2:00 pm	SilverSneakers® Classic	Main Room

Wednesday (Call Tuesday between 9 am—2 pm to request a reservation)

9:30-10:30 am	SilverSneakers® Classic	Main Room
10:00-11:30 am	Socially Distanced "Social"	Side Room
1:00-2:00 pm	Chair Yoga	Main Room

Thursday (Call Wednesday between 9 am—2 pm to request a reservation)

9:30-10:30 am	SilverSneakers® Circuit	Main Room
1:00-2:00 pm	SilverSneakers® Classic	Main Room

Friday (Call Thursday between 9 am—2 pm to request a reservation)

9:30-10:30 am	SilverSneakers® Circuit	Main Room
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Call between 9 am—2 pm to request a reservation

864-467-3640

See the other side of this information for other important details regarding registration

Please bring your own water bottle. Water fountains will be limited to filling water bottles only.