

Walk With Aegis

Live virtual class links

Monday, 10/5 at 10:00 AM CST

[Seated Pilates](#)

Tuesday, 10/6 at 10:00 AM CST

[Shake Rattle & Roll with Chair One Dance Fitness](#)

Wednesday, 10/7 at 10:00 AM CST

[Functional Fitness](#)

Thursday, 10/8 at 10:00 AM CST

[Having a Ball: Pass, Press & Play](#)

Friday, 10/9 at 10:00 AM CST

[Ocean Motion: An Under the Sea Fitness Adventure](#)

