

A decorative border made of colorful watercolor washes in shades of red, orange, yellow, green, blue, and purple, framing the central text.

Zoom Classes

Monday

11:00am – 12:00pm – Pilates with Ewelina

Tuesday

12:30am – 13:30pm – Chair Exercise with
Ewelina

Friday

10:00am – 11:15am – Yoga with Cobi
12:00pm – 12:50pm – Chair Yoga with Cobi