CHANDLER REC

VIRTUAL CLASSES through **televëda**

August | 2025

WEEK 1

[Click here to access the schedule and classes](#)

1 Friday
8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 2

4 Monday
8:30 a.m. Sr Exercise
9:30 a.m. Meditation Monday
10 a.m. Chair Yoga
11:30 a.m. Stretch Flow
12:30 p.m. Sr Musical Bingo

5 Tuesday
8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor $

6 Wednesday
8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
5 p.m. Desert Plant Adaptations

7 Thursday
4 p.m. Sketching Still Life $

8 Friday
8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 3

11 Monday
8:30 a.m. Sr Exercise
9:30 a.m. Meditation Monday
10 a.m. Chair Yoga
11:30 a.m. Stretch Flow
12:30 p.m. Sr Musical Bingo

12 Tuesday
8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor $

13 Wednesday
8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act
5 p.m. Cave Critters
5:30 p.m. Fitness Talk

14 Thursday
4 p.m. Sketching Still Life $

15 Friday
8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 4

18 Monday
8:30 a.m. Sr Exercise
9:30 a.m. Meditation Monday
10 a.m. Chair Yoga
11:30 a.m. Stretch Flow
12:30 p.m. Sr Musical Bingo

19 Tuesday
8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0
11 a.m. Sr Watercolor $

20 Wednesday
8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act

21 Thursday
4 p.m. Sketching Still Life $

22 Friday
8:30 a.m. Sr Exercise
8:30 a.m. Ageless Yoga
12:30 p.m. Sr Musical Bingo

WEEK 5

25 Monday
8:30 a.m. Sr Exercise
9:30 a.m. Meditation Monday
10 a.m. Chair Yoga
11:30 a.m. Stretch Flow
12:30 p.m. Sr Musical Bingo

26 Tuesday
8:30 a.m. All Levels Yoga
10 a.m. Sr Mindfulness 2.0

27 Wednesday
8:30 a.m. Sr Exercise
12:30 p.m. Sr Bingo
2:30 p.m. The Balancing Act

28 Thursday

29 Friday
8:30 a.m. Sr Exercise
12:30 p.m. Sr Musical Bingo

chandleraz.gov/**RecAtHome**

CHANDLER arizona

DISCOVER. IMAGINE. GROW.
with Chandler Recreation