

SAIL Exercise Class: Staying Active & Independent in Life

Graham Hall at Saint Luke's Episcopal Church (3736 Montrose Road, Mt Brook, 35213)

No cost

For more details, contact Susanna Whitsett:

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January 2024		Instructor	Time	Note
1st Mon	January 1			No class - Happy New Year!
1st Wed	January 3			No class - Happy New Year!
2nd Mon	January 8	Susanna	8:30	1st class of 2024 welcome back!
2nd Wed	January 10	Frannie	8:45	Chair Yoga
3rd Mon	January 16			Closed in honor of MLK Bday
3rd Wed	January 17	Susanna	8:30	
4th Mon	January 22	Susanna	8:30	
4th Wed	January 24	Frannie	8:45	Chair Yoga
5th Mon	January 29	Susanna	8:30	
5th Wed	January 31	Susanna	8:30	
February 2024		Instructor	Time	Note
1st Mon	Feb 5			No class - Susanna at conference
1st Wed	Feb 7	Susanna	8:30	
2nd Mon	Feb 12	Susanna	8:30	
2nd Wed	Feb 14	Frannie	8:45	Chair Yoga
3rd Mon	Feb 19			Church closed for Presidents Day
3rd Wed	Feb 21	Susanna	8:30	
4th Mon	Feb 26	Susanna	8:30	
4th Wed	Feb 28	Frannie	8:45	Chair Yoga