

Please Note:

All Programs are subject to change at the discretion of the staff, and new programs may be added as we continue to adapt to the needs of our participants.

Have Questions?

Contact the Programming Staff:


William: wroberts@jccotp.org

Sal: spintavalle@jccotp.org



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:30 Exercise with Maurice Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Concert by Peter</p>	<p>4</p> <p>10:30 Exercise with Maurice Functional Movement (please bring two “weights” and a towel)</p> <p>1:00 Concert by Cecilia</p>	<p>5</p> <p>10:30 Exercise with Maurice Boxing</p> <p>1:00 Concert by Ilya</p>	<p>6</p> <p>10:30 Exercise with Maurice Yoga and Stretching</p> <p>1:00 Concert by Selah</p>	<p>7</p> <p>10:30 Exercise with Maurice</p> <p>1:00 Concert by Frankie M.</p>
<p>10</p> <p>10:30 Exercise with Maurice Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Concert by Janice</p>	<p>11</p> <p>10:30 Exercise with Maurice Functional Movement (please bring two “weights” and a towel)</p> <p>1:00 Concert by Lou</p>	<p>12</p> <p>10:30 Exercise with Maurice Boxing</p> <p>1:00 Concert by Joe Keys</p>	<p>13</p> <p>10:30 Exercise with Maurice Yoga and Stretching</p> <p>1:00 Concert by Aaron Miller</p>	<p>14</p> <p>10:30 Exercise with Maurice</p> <p>1:00 Concert by Hal</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>10:30 Exercise with Maurice</p> <p>Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Concert by</p>	<p>18</p> <p>10:30 Exercise with Maurice</p> <p>Functional Movement (please bring two “weights” and a towel)</p> <p>1:00 Concert by Rhonda</p>	<p>19</p> <p>10:30 Exercise with Maurice</p> <p>Boxing</p> <p>1:00 Concert by Jay Daniels</p>	<p>20</p> <p>10:30 Exercise with Maurice</p> <p>Yoga and Stretching</p> <p>1:00 Concert by Maurice</p>	<p>21</p> <p>10:30 Exercise with Maurice</p> <p>1:00 Concert by John M.</p>
<p>24</p> <p>10:30 Exercise with Maurice</p> <p>Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Concert by Tom Spinelli</p>	<p>25</p> <p>10:30 Exercise with Maurice</p> <p>Functional Movement (please bring two “weights” and a towel)</p> <p>1:00 Concert by Neil Dankman</p>	<p>26</p> <p>10:30 Exercise with Maurice</p> <p>Boxing</p> <p>1:00 Concert by Janice</p>	<p>27</p> <p>10:30 Exercise with Maurice</p> <p>Yoga and Stretching</p> <p>1:00 Concert by</p>	<p>28</p> <p>10:30 Exercise with Maurice</p> <p>1:00 Concert by</p>
<p>31</p> <p>10:30 Exercise with Maurice</p> <p>Full Body Exercise (please bring two “weights” and a towel)</p> <p>1:00 Concert by Giselle</p>	 <p><i>Alice 1/14</i></p> <p><i>Aretha 1/25</i></p>	<p>To join a Zoom Meeting:</p> <ul style="list-style-type: none"> * Follow the hyperlink in your email <p>OR</p> <ul style="list-style-type: none"> * In the zoom app, click “Join Meeting” <p>Meeting ID: 830 1098 4164</p>		