



PARKS & RECREATION
City of Corvallis



Open House Week!

September 26-30

Drop in to any of our **Group Fitness Classes**, or enjoy one of our free lectures and class demos!

RenewActive™
by UnitedHealthcare

 **Active&Fit®**

 **Silver&Fit®**

REC★FIT



See back of flyer for full schedule of classes and demonstrations!

 **Corvallis Community Center**

2601 NW Tyler Ave
Corvallis, OR 97330
541.766.6959

corvallisoregon.gov/c3

Open House Week

Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30
11am-12:30pm Meet Heartland Humane Society	9-11am Samaritan Heath Fall Assessment	10-11am Pastel Drawing Demo	10:30-11:30am Pickleball Demo	10:30am-12pm Meet Lumina Hospice & Palliative Care
12:15-3:45pm Artist Workspace	10am-12pm Scrabble Open Play	4-6pm Exploring Disability Justice & Increasing Accessibility	12-1pm Learn about the Willamette Water Trail	
1-4pm Mah Jong	11am-12:30pm Oregon Home Share		12:15-4pm Open Game Play	

Plus, drop into any of our Group Exercise Classes:

- 9AM *Virtual* Yoga (MWF)
- 9AM Beginning Tai Chi (T/Th)
- 10AM Strength & Stretch (MWF)
- 10AM Level 2 Tai Chi (T/Th)
- 10:30AM *Virtual* Yoga-Pilates Fusion (T/Th)
- 11AM *Hybrid* Nia (M/W)
- 11AM *Virtual* Zumba Gold (M/W)
- 12PM *Virtual* Yoga (MWF)
- 12PM Yoga (T/Th)
- 1PM Age Reversing Essentrics (T/Th)
- 2PM *Hybrid* Zumba Gold Chair (M/W)
- 5:30PM Pilates for Beginners (M/W)
- 6PM POUND (T/Th)
- 6:30PM *Hybrid* Flow Yoga (T/Th)
- 6:45PM *Hybrid* Zumba (M/W)

*Virtual Classes are offered via Zoom.

**Hybrid classes are offered both virtually and in-person.