

December 2024 Class Schedule - MS Center of SWFL 8200 Health Center Blvd., #104, Estero FL 34135 239-319-0904

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2. MS CC* at Estero 10:00 Strength & Balance 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>12:00 Mobility & Balance Zoom Class - Courtney</p>	<p>3. MS CC* at Buckingham 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:00 Pilates Zoom Class – Ellio Studio 11:30 Aqua Aerobics – Wellway Center in Cape Coral</p>	<p>4. MS CC* at Naples South 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:30 Foot Drop Class with Phillip-Estero-in person or Zoom 11:30 Exercise with Georgina-Estero-in person or Zoom</p>	<p>5. MS CC* at Cape Coral MS CC* at Fort Myers 10:00 Yoga 10:00 Support Group 11:00 Support Group 11:00 Exercise 12:00 Lunch 12:00 Lunch 12:45 Art Class 12:45 Art Class</p> <p>5:00 Watercolor Painting -Zoom Class with Monique</p>	<p>6.</p> <p>12:00 noon Strength for MS Zoom Class with Courtney</p>	<p>7.</p> <p>09:30 Core Yoga 11:30 Chair Yoga Zoom Class - Elaine</p>
<p>9. MS CC* at Estero 10:00 Strength & Balance 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>12:00 Mobility & Balance Zoom Class - Courtney</p>	<p>10. MS CC* at Buckingham 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:00 Pilates Zoom Class – Ellio Studio 11:30 Aqua Aerobics – Wellway Center in Cape Coral</p>	<p>11. MS CC* at Naples South 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:30 Foot Drop Class with Phillip-Estero-in person or Zoom 11:30 Exercise with Georgina-Estero-in person or Zoom</p> <p>12:00 Central Support Group – Zoom meeting</p>	<p>12. MS CC* at Cape Coral MS CC* at Fort Myers 10:00 Yoga 10:00 Support Group 11:00 Support Group 11:00 Exercise 12:00 Lunch 12:00 Lunch 12:45 Art Class 12:45 Art Class</p> <p>5:00 Watercolor Painting -Zoom Class with Monique</p>	<p>13.</p> <p>12:00 noon Strength for MS Zoom Class with Courtney</p>	<p>14.</p> <p>09:30 Core Yoga 11:30 Chair Yoga Zoom Class - Elaine</p>
<p>16. MS CC* at Estero 10:00 Strength & Balance 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>12:00 Mobility & Balance Zoom Class - Courtney</p>	<p>17. MS CC* at Buckingham 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:00 Pilates Zoom Class – Ellio Studio 11:30 Aqua Aerobics – Wellway Center in Cape Coral</p>	<p>18. MS CC* at Naples South 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:30 Foot Drop Class with Phillip-Estero-in person or Zoom 11:30 Exercise with Georgina-Estero-in person or Zoom</p>	<p>19. MS CC* at Cape Coral MS CC* at Fort Myers 10:00 Yoga 10:00 Support Group 11:00 Support Group 11:00 Exercise 12:00 Lunch 12:00 Lunch 12:45 Art Class 12:45 Art Class</p> <p>5:00 Watercolor Painting -Zoom Class with Monique</p>	<p>20.</p> <p>12:00 noon Strength for MS Zoom Class with Courtney</p>	<p>21.</p> <p>No Zoom Classes with Elaine</p>
<p>23.</p> <p>No in-person classes No Zoom Classes</p> <p>Merry Christmas!</p>	<p>24.</p> <p>No in-person classes Merry Christmas!</p> <p>10:00 Pilates Zoom Class – Ellio Studio</p>	<p>25.</p> <p>No in-person classes and No Zoom classes</p> 	<p>26.</p> <p>No in-person classes</p> <p>12:00 Central Support Group on Zoom</p>	<p>27.</p> <p>No Zoom Class with Courtney</p>	<p>28.</p> <p>09:30 Core Yoga 11:30 Chair Yoga Zoom Class - Elaine</p>
<p>30. MS CC* at Estero 10:00 Strength & Balance 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>No Zoom class with Courtney</p>	<p>31. MS CC* at Buckingham 10:00 Yoga 11:00 Support Group 12:00 Lunch 12:45 Art Class</p> <p>10:00 Pilates Zoom Class – Ellio Studio</p>		<p>*CC = Community Center</p> <p>To register for MS CCs, go to: www.mscenterswfl.org/RSVP or for regular classes go to: https://mscenterswfl.org/classes-2/</p>		