

Exercise to Music Committee Report

Date Submitted: 05/12/2021

Chairperson(s): Lois J. Reid

Members:

Participants include: Judy Bongiovanni, Jean Perkins, Delores Reeves, Lois J Reid, Cecelia Sibinga

Accomplishments:

- 1. Getting the group back to its schedule in the William Penn Lounge on Monday, March 15, 2021 and on following Monday and Friday mornings from 9:00 to 9:30 was a fantastic accomplishment.
- 2. As I understand the history, the Exercise to Music Class is the first organized exercise class at Crosslands -- and is probably more than 40 years old. It has been resident run and organized.
- 3. The class meets 2 times a week for 1/2 hour. The exercises are played on a disc with verbal instructions and musical accompaniment. The exercises encompass your whole body, but the movements are not strenuous. In the past three years the class usually consists of 5-6 participants.