



# SHAPEBREA

## Brea, This is Your Opportunity to ShapeBrea's Future!

Visit ***ShapeBrea.net***, an online community engagement tool used to gather community feedback for the City's Housing Element Update.

Participate by taking a housing survey, sharing your ideas and stories, and learning more about the importance of the Housing Element. Your participation in this effort is critical for creating a plan that not only sustains and supports the existing community, but also provides an equal opportunity for generations of future Breans.

The Housing Element, addresses Brea's housing needs and provides a vision for the future, prescribing policy goals, programs, and objectives that shape and guide development.

**Get involved and stay connected by collaborating with us on ShapeBrea.net!**



# Zoom Fitness Classes

Enjoy your favorite Brea Senior Center fitness classes and instructors from the comfort of your own home! Call **714-990-7750** to get a link emailed to you to join the class from your computer, laptop, tablet, or mobile phone.

**FREE!**



## **Yoga Class with Caitlin**

Tuesdays | 8:30 a.m.

## **Zumba Gold Class with Terri**

Wednesdays | 10:30 a.m.

## **Zumba Gold Class with Letty**

Thursdays | 10:30 a.m.

## **Longevity Stick Balance Class with Kathe**

Mondays, Wednesdays,  
Fridays | 9 a.m.

## **Tai Chi for Every Body**

Mondays & Fridays  
10:15-11:45 a.m.

## **Better Balance**

Wednesdays | 10 a.m.

## **Health & Wellness**

Various days & times

## **What is Zoom?**

- Zoom is an easy to use and reliable cloud platform for video and audio conferencing, chat and webinars.
- You do not need a Zoom account in order to join a meeting. Simply click the provided link and follow the on-screen instructions, or go to *www.zoom.com* and click the Join a Meeting button.
- You can use Zoom to participate in or host video meetings on your computer or any mobile device.



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