

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Balance Blended 9:00am Core Concepts 10:00am Set The Tone 11:00am	2 Nifty Mix 9-9:45am Core Express 9:45-10am Silver Salsa 11:00am	3 Stretch & Flex 10:00am No Fall Volleyball 11:00am
6 Balance Blended 9:00am Up In Arms 10:00am Nifty Mix 11:00am	7 Core Concepts 9:00am Stretch & Flex 10:00am Silver Lining 11:00am	8 Balance Blended 9:00am Core Concepts 10:00am Set The Tone 11:00am	9 Nifty Mix 9-9:45am Core Express 9:45-10am Silver Salsa 11:00am	10 Stretch & Flex 10:00am Movie Matinee 11am-1pm 
13 Balance Blended 9:00am Up In Arms 10:00am Nifty Mix 11:00am	14 Core Concepts 9:00am Stretch & Flex 10:00am Silver Lining 11:00am	15 Balance Blended 9:00am Core Concepts 10:00am Set The Tone 11:00am	16 Nifty Mix 9-9:45am Core Express 9:45-10am Silver Salsa 11:00am	17 Stretch & Flex 10:00am No Fall Volleyball 11:00am
20 Balance Blended 9:00am Up In Arms 10:00am Nifty Mix 11:00am	21 Core Concepts 9:00am Stretch & Flex 10:00am  <i>Luau Party</i> 11:00-2:00	22 Balance Blended 9:00am Core Concepts 10:00am Set The Tone 11:00am	23 Nifty Mix 9-9:45am Core Express 9:45-10am Silver Salsa 11:00am	24 Stretch & Flex 10:00am No Fall Volleyball 11:00am
27 Balance Blended 9:00am Up In Arms 10:00am Nifty Mix 11:00am	28 Core Concepts 9:00am Stretch & Flex 10:00am Silver Lining 11:00am	29 Balance Blended 9:00am Core Concepts 10:00am Set The Tone 11:00am	30 Nifty Mix 9-9:45am Core Express 9:45-10am Silver Salsa 11:00am	

Important Dates & Information

- ★ **Friday April 10th** -Movie Matinee from 11am-1pm (no open gym during movie matinee hours)
- ★ **Tuesday April 21st** -Luau Party from 11am-2pm (no open gym during Luau Party hours)

Nifty After Fifty® Class Descriptions

‡ **Fall Free® Balance Blended** Class designed to give participants an opportunity to attend a balance class while waiting for a new Fall Free Balance session to begin. The focus of this class is to review and practice balance exercises appropriate for each participant's skill level.

All skill levels are welcome. Class size limited 6-8 max. Registration and testing are required.

Core Concepts:™ The majority of the exercises are taught seated in a chair, designed to focus on your Core muscles by strengthening your abdominals and back for improved mobility and balance.

❖ **Core Express:** 15 minute Core class. Still exercise your Core, even on those days you're running late or leaving early. All fitness levels welcome

❖ **Nifty Mix:**™ 45 minute sampler class that includes various Nifty formats of strength & cardiovascular interval training, core stability, mind & body focus and stretch & relaxation techniques for a complete total body workout. A Yoga mat will be needed.

NO Fall VolleyBall™ - This activity is designed for those who want to take it to the next level by playing at a faster pace and take on a few more challenges.

Set the Tone™: full body workout designed to increase muscular strength and endurance using resistance tubing or bands, helping you "*set the tone*" for all areas of the body!!

Silver Lining:™ Line dancing class designed for participants who arrive with or without a partner! Come and experience how much fun you can have moving in a line! All levels welcome!

Silver Salsa © Dance/movement class that features a variety of easy to follow Latin based moves and combinations. Set to international beats that will energize your every move!

Stretch & Flex: Combines stretching and flexibility exercises that help alleviate tight muscles and stiff joints.

Up In Arms™: Specific exercises designed to strengthen, reshape and tone the arms and shoulders.

❖ Denotes length of class time other than 30 minutes ‡ Requires approval from coach