

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	1 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	2 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	3 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM
6 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	7 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	8 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	9 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	10 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM
13 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	14 Core Express 10:15AM Circuit Breaker 10:30AM **BIRTHDAY PARTY AND POTLUCK**	15 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	16 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	17 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM NO FALL VOLLEYBALL 1:30PM
20 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	21 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	22 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	23 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	24 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM GARAGE BINGO 1:30PM
27 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM PULMONARY PRESENTATION 3:00pm	28 Core Express 10:15AM Circuit Breaker 10:30AM UP IN ARMS 1:30 PM	29 Silver Salsa 9:00AM Stretch & Flex 10:00AM Fall Free Balance Blended 10:30AM	30 Core Express 10:15AM Circuit Breaker 10:30AM **MOVIE DAY 2:00PM**	

Important Dates & Information

***CAREMORE BIRTHDAY PARTY and POTLUCK (April 14th 1:30)**

-Everyone is invited for some sweets and games!

***GARAGE BINGO (APRIL 24th 1:30)**

-Join us for some Garage Bingo; bring something from the house you don't use anymore as a PRIZE!

***MOVIE DAY (April 30th 2:00)**

Nifty After Fifty® Class Descriptions

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


Circuit Breaker™: Class design utilizes a circuit format alternating from a cardio station or drill to a strength station. Each station is 30-45 seconds including upper and lower body exercises for a complete cardio and strength total body workout.

❖ **Express class**: a 15 minute class to promote or give quick samples of specific classes for you to try. Perfect for those days you're running late or leaving early. All fitness levels welcome

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.

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.

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

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.

† **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.**