

NIFTY AFTER FIFTY® - East Los Angeles

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Balance Enhanced 12:00pm Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	2 Core Concepts™ 10:00am	3 Balance Enhanced 12:00pm Silver Salsa® 12:30pm Silver Salsa® 2:00pm
6 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	7 Core Concepts™ 10:00am	8 Balance Enhanced 12:00pm Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	9 Core Concepts™ 10:00am	10 Balance Enhanced 12:00pm Silver Salsa® 12:30pm Silver Salsa® 2:00pm
13 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	14 Core Concepts™ 10:00am	15 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	16 Core Concepts™ 10:00am	17 Silver Salsa® 12:30pm Silver Salsa® 2:00pm
20 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	21 Core Concepts™ 10:00am	22 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	23 Core Concepts™ 10:00am	24 Silver Salsa® 12:30pm Silver Salsa® 2:00pm
27 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	28 Core Concepts™ 10:00am	29 Nifty Moves™ 12:30pm Nifty Moves™ 2:00pm	30 Core Concepts™ 10:00am	Nifty after Fifty® East Los Angeles 251 South Mednik Avenue Los Angeles, CA 90022 (323) 264-8799

Nifty After Fifty® Class Descriptions

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

Fall Free® Balance Essentials & Balance Enhanced include:

- Combinations of strength, proprioceptive, vestibular, vision and core exercises that progress each week for a total of 12 weeks
- Includes After A Fall training exercises
- Offered 2x/wk
- Pre class Balance testing required for appropriate class placement & participation
- Progressive Class: Structured for class participants to start, & end sessions together

† Requires approval from coach

Fall Free® Balance Enhanced: Level 2 & 3 Class structured to enhance participants with moderate to high ambulatory skill levels. Exercises designed to progress moderate skill level participants towards more advanced levels, and help higher skill level participants mainstream into the movement based classes.

Criteria: Minimum Berg score of 21; TUG score must be <30 sec; Functional Reach: Minimum of 6 in

† Requires approval from coach

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.

Nifty Moves™: Like to dance and move? This is a 30 minute dance/movement based class will get you moving to the music right away! You will be having FUN while you're burning calories and toning your body!

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!